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Yet, our unique photography envisions sultry and sophistication supplied by new and upcoming photographers waiting to slap you in the face with the hottest international and the girl next door models.

# 2 embark on a Totally Bad Ass Men's Mag?

Move over Maxim.

Bizsu Magazine is marching in with a SMACK. Bizsu Magazine is a quarterly Exclusive LifeStyle Entertainment digital magazine for Men.





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## **H**EALTH

# Easy Rules

# of diet plans <u>for men</u>

Diet plans for men surely differ from diet for women. Let's observe some easy rules, which will be helpful on a way to healthy and attractive body.

Diets are usually associated with women. They can spend weeks and months exhausting their body with kefir and oatmeal porridge in order to be attractive. Men don't often bother themselves with care about appearance. But each one should understand that obesity becomes apparent not only in unpleasant appearance but also in different diseases. Man's organism differs from woman's that's why doctors have worked out several diet plans for men, including those who work and don't have enough time for sport etc.

If man begins something to do, he most probably will reach better results than most women. Men are more purposeful and excitable then women and perceive diet as competition. That's why women often give in and eat something sweet or pastry.

First of all, if you decided to choose weight loss plan, you should remember that healthy weight loss is not fasting. The best diet plan first of all is healthy food. Diet plans for men should be based on healthy diet meal plan, which presupposes meals three times a day. Healthy food should be lean which is not a synonym for tasteless. For breakfast it is better to choose foodstuffs that will feed you energetically for the whole daylong. Dinner should include proteins. Eat some carbohydrates for supper; it will help your organism to burn fat.

NATURAL
NUTRITION
ORGANIC LIFE
ORGANIC FITNESS
ORGANIC NATURAL
BALANCE
FITNESS HAPPY
BALANCE
HEALTH
LIFE
BEAUTIFUL EAT
MAJANCE FOOD



Try to find time for second breakfast. But do not eat any omelet with sausages! It's better to confine yourself with glass of tomato juice or some yogurt. Lunch can include some low-fat cottage cheese with cucumber and some pastry with not sweet tea. Try to avoid coffee or drink not more than a cup once a day.

Many diet plans exclude meat from ratio.

Meat really can be successfully replaced with fish and vegetables. But diet plans for men should include some meat. Meat is especially important for those whose work is connected with physical activity. But it's better to avoid fried meat. Moreover, diet plans for men and for women also don't endure any alcohol. Alcohol is not only a way to cause damage to your organism; it is also called "empty calories" because it stirs appetite and causes indigestion. Diet plans for men recommend refusing beer, especially pasteurized one.

The main rule of all diet plans for men is "not to overeat". Food gives organism energy and necessary calories. Men whose work is connected with physical activities have to eat near 2000 calories per day. 1500 calories are enough for those who spend their day in office. Don't forget about liquid. Healthy man's organism needs 2 liters of still water per day; it can also be juice or not sweet tea. Do not perceive alcohol as water.

If you eat too much during your diet, the result may be opposite. Diet plan will help you to lose fat, even the "difficult" fat on stomach. But it will happen only if you follow diet plans for men instead of just pretending. Be honest with yourself and you'll get good results.

#### This Statement

is supported by most population of developed countries. Keeping in diet is rather

#### **Difficult**

What's the board between easy diet plan when person just overcomes his

#### Habitude

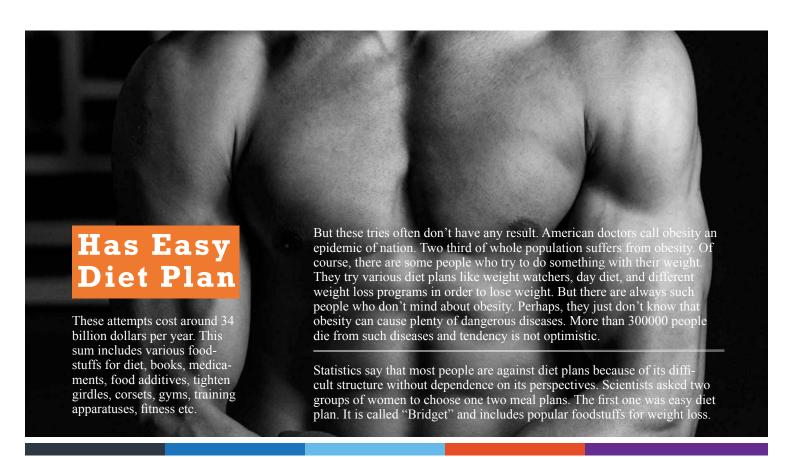
to eat no matter what and really difficult diet? Statistics say that two thirds of

#### **Americans**

get active measures to lose weight. These two thirds include around 44% of

women and 29% of men. Only 5% can overcome this way successfully. And, according to statistics, these people prefer easy diet plan to strict one.

# oo Diet Plan



The second was so-called "Weight watchers" which has not only meal plan but also some descriptions about metering of control weight and direct instructions for all the numerous rules. This research proved: if a diet is rather difficult and especially includes direct food intake control, people decline it. That's why we can certainly say that the most popular and the best diet plan is easy diet plan. Psychologists underline the importance of strength of mind and willpower. Confidence allows following even the most difficult diet meal plans and diet recommendations. Results of researches showed that most people value each meal plan from

the position of its difficulty and strictness. People are always looking for easy ways. Nowadays overweight is rather question of prestige than biological survival, but it has already become serious problem. So, if you care about your health and health of your family, you should choose easy diet plan or make your own plan according to your special features. The most popular diet is a Japanese diet; it has rather easy diet plan and guarantees effectiveness. If you don't have obesity, you just may choose some short diets like day diet or holiday meal plan and do it regularly once or two times a month or just

Keep on principles of healthy eating



# Good Diet PLAN FOR

Good diet plan should be effective and do the best for your organism. Choosing good diet plan, pay much attention on your own feelings. And don't forget about professionals' opinion.

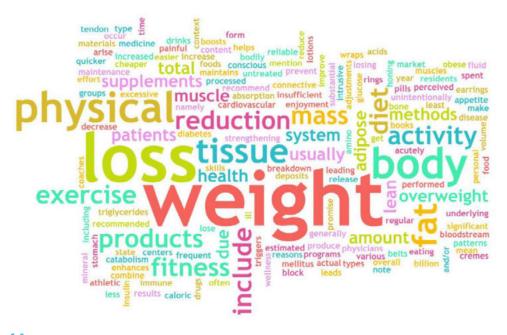
British newspaper The Daily Mirror has published characteristics of several diets to choose good diet plan. Leading British dietitian Adam Carrey values effectiveness of each of the most popular diet.

Each weight loss diet was valued by tenpoint system.

Slimfast good diet plan promises that you will lose 1 kilo per week. This good diet plan consists in change of products. Two times a day you eat special Slimfast products like milk-shakes, pastes, sticks of confectionery and soups. The third meal is full-fledged dinner. It should include low-fat products.

Pluses of this diet are vitamins and mineral substances that you get with special products. Minuses are difficulties connected with constant hunger. Also this diet won't impart you principles of healthy eating. Carrey gives 5





# Carrey gives 5 from 10 points to this good diet plan. ""

Beverley Hills diet promises us loss from 4.5 to 6 kilos per35 days. This good diet plan bases on strict following sequence of meals. Some products can be eaten only in special sequence and in special time. You should eat many fruits. Proteins shouldn't be mixed with carbohydrates. First ten days you should eat only fruits. Then you add carbohydrates and on the 19th day you start eat proteins.

This diet is good for those who don't like to count calories. Also you may lose much weight in the beginning of this good diet plan. But this diet doesn't have any scientific basis. Moreover, this diet may cause diarrhea. Carrey gives 2 from 10 to the most popular diet in Hollywood.

Cabbage soup diet should make us to lose to 4.5 kilos per week. The best diet plan for fast weight loss is based on different kinds of cabbage soup. You can also add salad, mushrooms or tomato juice in soup. Sometimes you may eat some potatoes, beef and drink some juice.

# You May Drink As Much As You Wish

#### This Is The Best

Diet plan for fast weight loss. But this diet often causes hungry faints or vertigo and may be dangerous for your health. Carrey gives 1 point from 10 to this diet.

#### Rosemary Conley's

Diet assures that we may lose to 1 kilo per week. This good diet plan is based on lowering of fat products in order to eat many vegetables. You may eat few potatoes, meat and dairy products. Also this diet proposes complex of physical exercises. This diet allows you eat some products as much as you want. But you should pay much attention to your feelings. Carrey gives 8 points to this diet as one of the most traditional and reasonable diets.

#### Atkins Diet

Promises weight loss to 6.5 kilos per month. This good diet plan limits carbohydrates concentrated in bread, potatoes, sugar, wheat, fruits and some vegetables. Here you should count carbohydrates i nstead of calories. Fat and proteins aren't limited. Atkins good diet plan allows you lose weight fast. But this diet won't do for you if you have heart or liver diseases or diabetes. Carrey gives 7 from 10 points to this diet.

#### Curves International

Diet promises constant weight loss without any necessity to follow diet. Diet consists in 2 weeks of low-carbohydrate and high-protein diet. Then you can start your usual eating. Organism is able to change its metabolism for these two weeks. Also you need to do some physical exercises. This diet permits to lose weight fast. But if you won't follow author's advices, you may gain weight. Carrey gives 6 points from 10 to this good diet plan.

# **HEALTHY BODY**

with balanced

# **MEALS**

Balanced meals are the way not only to lose weight but also to change your food habits to the best. Follow the principles of balanced meals and you'll get your best result.





**Nowadays** there are thousands of various diets so that you may choose the one that fits you best.

For example, the most popular diet is Japanese diet which is rather simple and effective ways to lose weight. This diet is based on principle of reducing consumed carbohydrates' quantity.

But we would like to talk about another way to lose weight. It is so-called balanced meals. This diet allows you to eat your favorite foodstuffs, escape 6 kilos for 1.5 month. Many women during the diet go on cooking for their family and of course they don't have enough time to prepare separate meal for themselves. That's why such women often give up and start eating as usual.

Balanced meals include products that can be prepared in several minutes. You should eat your meals with pleasure because food always adopts your condition.

You will lose weight step-by-step with optimal for your organism rate: near 1 kilo per week. It means that you will lose around 7000 kcal per week.

Diet consists of schedule for each week. If you mind about some products, you can replace it with another one with analogical quantity of calories. Most of salads and other vegetable dishes may be eaten as much as you want.

# THIS RULE

doesn't extend to potatoes, corn, kidney beans, green peas and other high-cal vegetables.

Each week you should drink 1.7 liters of low-fat mild. We recommend you to buy milk with calcium. Besides that, each day you should drink not less than 2 liters of liquid in order to escape dehydration. Drink still water, squeezes, not sweet tea. Green tea is preferable.

Don't think that you will follow diet for 6 weeks and then will forget about it. Balanced meals as all the diets are not only a way to lose your weight. It is the way to change your attitude to eating process and work out healthy food habits. For six weeks you will get used



to eat right foodstuff in order to make your own balanced menu. Don't pass ingestions hoping to economize some calories. There won't be any good for organism: you may cause damage to process of metabolism.

Besides balanced meals you should do sport or just increase your physical activity. Power consumption should be not less than 300 kcal per day. Balanced meals as long as the most popular diet are effective on 100% only if your approach is serious. Mix your diet with fitness or walking. You can spend 300 kcal with half-hour walk or 30 minutes of cycling. Don't give up if you feel that you don't lose kilos. Think about what you are doing wrong. Intensify your physical activity and follow the principles of balanced meals. And you will certainly get great result.

# Raw Food DETOX You have started

Raw food detox diet but something is wrong?

If you change your food lifestyle, you can experience some raw food detox symptoms. You may have a headache or a runny nose. If you ignore that sign or take a medicine to "cure" the symptom, you don't allow your body to cure itself. During your life a lot of toxins are getting stored into your cells. This can cause health problems from a simple cold to something more serious like cancer. Because of eating nutrient rich food, the body has the power to get rid of the toxins. Your body must go through the whole Raw food detox process. You should also remember that detoxing takes time. The older you are the more toxins you have stored in your body and the more time it will take to get rid of them. The way of your life during the years also reflects the amount of toxins in your body.

### Common raw foods detox symptoms

Cravings – it is like giving up smoking or trying to stop drinking alcohol when all your body wants it physically and mentally. The same thing you can have with food. Physical pains – include headache, runny nose, sleep problems and various pains.

**10** BIZSU | **SPRING** 2015

Fatigue – your body is fighting against toxins and you feel exhausted and washed out.

Stress and irritability.

Ways to deal with raw food detox SMYPTOMS

Drink water – it helps to flush the toxins out.

Rest – it is the best thing you can do for your body and let it go through healing process.

Cleansing your colon - it can be done very simply. The method is to administer an enema on you.

Raw food detox diet is popular enough nowadays, so it's very important to know what it can cause. Best Raw food will also clean your organism and not bother you if you use different Raw food diet recipes. It is certainly very effective. It cleans your liver and cures other symptoms, such as:

Fatigue/lethargy

Allergies

Insomnia

- Mood swings
- Recurring colds or infections
- Headaches
- Indigestion
- Bloating
- Difficulty losing weight
- Sugar cravings

Remember, you should always consult with your doctor before starting to cure yourself.



# How to get slim and healthy?

with Raw Food Detox Diet?



In a modern world filled with toxins detox diets become very important. People eat Best Raw food and clea n their organism. Detox diet can help you to lose weight, and rejuvenate your body by cleansing the cells of toxin. The results of such diet also depend on your health condition. There are positive and negative aspects of Raw food detox diet:



A lot of fruit and vegetables.

Flexible approach that allows the dieter to make their own plan.

Raw food detox diet allows for inclusion of animal products thus avoiding the deficiencies that are common on raw vegan diets..

Provides Raw food diet recipes for such products as ice cream and other desserts.

Allows chocolate, which provides a good source of antioxidants and may help your diet.



Difficult to eat for those who don't like vegetables out and most meals must be prepared from scratch.

Many points to pay attention to in regard to proper food combining.

Early levels of Raw food detox diet include large amounts of grains such as pasta and sprouted grain breads.

May not be suitable for those who are carbohydrate sensitive.

May be expensive enough to purchase larger amounts of fresh produce, nuts, etc.

# RAW FOOD DETOX

May require purchase of additional kitcher equipment.

Recommends colonics, which may not be appropriate for many individuals.

Does not encourage exercise.

There are also some general advices for you to summarize all we told you before about Raw food detox diet.

Cut out caffeine, processed foods, complex sugars, smoking, and alcohol

Do not eat raw poultry, eggs, or beef

Do eat an abundance of raw vegetables and fruits

Drink plenty of water

Get plenty of fresh air





# II... START NOW

# To Boost your Immunity for Spring

It's that time of year again where virus' and bacteria's run a-muck and play havoc on our bodies? No, ofcourse not! It does not have to be winter to start being healthy and taking care of your immune system.

There is no magic bullet in creating a healthy immune system. The best place to start is eliminating junk foods and beverages from the diet. Adequate rest and moderate exercise are also important.

There are certain supplements that are known for preventing sickness or taken during sickness to speed up recovery. Some of these are echinacea, goldenseal, elderberry, ginseng, astragalus, mullein leaves, yerba santa leaves, parthenium root, capsicum

fruit, yarrow, pau d'arco bark, and colloidal or ionized silver.

There are many immune building multiple's that contain many of the supplements mentioned above. The trick is to start taking 2 a day in September and continue till spring. Those with severely compromised immune systems may need more. There are homeopathic that are popular this time of year such as, oscillococcinum. It is natures # 1 flu medicine. Silver water is a natural antibiotic.

Wild Mediterranean oregano oil is famous for knocking out virus, bacteria and fungus. 60% of our immune system is in our 'gut', therefore it is important to maintain an adequate amount of 'friendly bacteria'.

Most people supplement with acidophilus and bifidophilus to achieve this, for the typical American diet, antibiotics and other prescription medications destroy these good bacterias.

# ROSEMARY

Essential oils can also be used for

- Colds
- Candida
- Cough

- Constipation
- Detoxification
- Fatigue



# **TEA TREE**

Other uses of Tea Tree

- Abrasions and cuts
- Acne
- Allergies
- Arthrities
- Asthma
- Atheletes Foot
- Canker Sores
- Dandruff



# **ESSENTIAL OILS**

ESSENTIAL OILS CAN ALSO BE USED TO ENHANCE IMMUNITY. A DISINFECTING ROOM MIST CAN BE MADE BY TAKING A GLASS 4 OZ. GLASS BOTTLE WITH A SPRAYER AND ADDING A TOTAL OF 90 DROPS OF EACH; ROSEMARY, TEA TREE AND PEPPERMINT ESSENTIAL OILS AND FILL THE REST WITH SPRING OR DISTILLED WATER. SHAKE 100 TIMES AND LET IT SIT FOR 24 HRS BEFORE USE

IT DOES TAKE A SUBSTANTIAL EFFORT TO BUILD IMMUNITY AND ACHIEVE OPTIMUM HEALTH BUT, YOU AND YOUR FAMILY ARE WORTH IT

This Article provided by Mike Comeau, is for informational purposes only. It is not intended to diagnose, treat or cure any disease. Always consult your doctor when seeking medical advice.

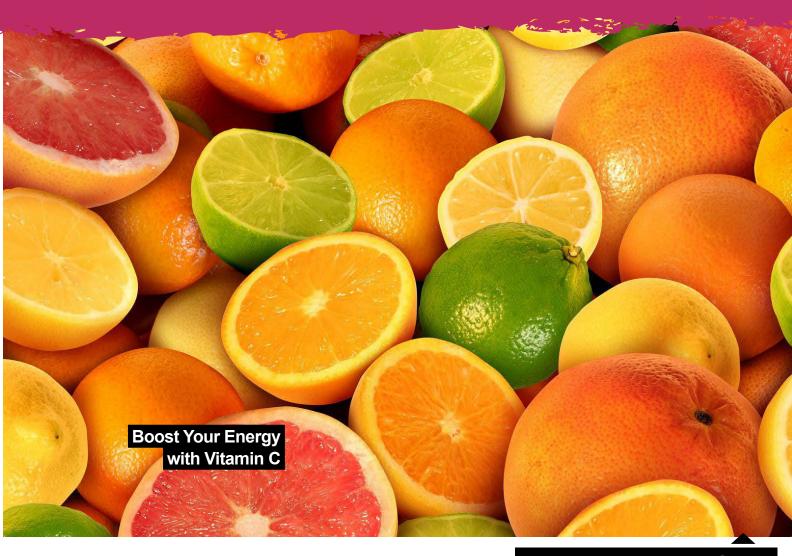
# **PEPPERMINT**

Uses for pepperimint essential Oil

- Indigestion
- Colds/Congestion
- Headache
- Stress

- Stress
- Energy
- Alertness
- Sore Muscles





# 3 Tips For A Natural Immune System

# **BOOST**

The first line of defense is to wash your hands often, and keep your work area clean by wiping it down with an alcohol solution. In addition, now is a great time to start boosting your immune system.

A weakened immune system leaves your body susceptible

to every cold and flu virus, especially during the holiday season So, how exactly do you go about boosting your immune system? There are a number of great methods.

Below are 3 recommendations that will boost your body's immune system naturally.

# **VITAMIN C**

- You are probably already aware of this reliable supplement. Your body cannot store vitamin C so it is dependent on your dietary intake. To make sure you are getting enough it is recommended to take 1,000 mg a day to fight off infection
- Maitake: These mushrooms enhance immunity, and are especially effective in helping the body to inhibit cancer growth. Maitake appears to activate the immune response by stimulating the T- cells that are the body's defense against viruses and cancer cells. Recommended dosage is 3-7 g per day.
- Aloe Vera: Supplementation with Aloe Vera has been shown to be extremely effective in bolstering and balancing the immune system. Recommended dosage is a arter glass of juice each morning. Take twice a day when you feel a cold or flu coming on.

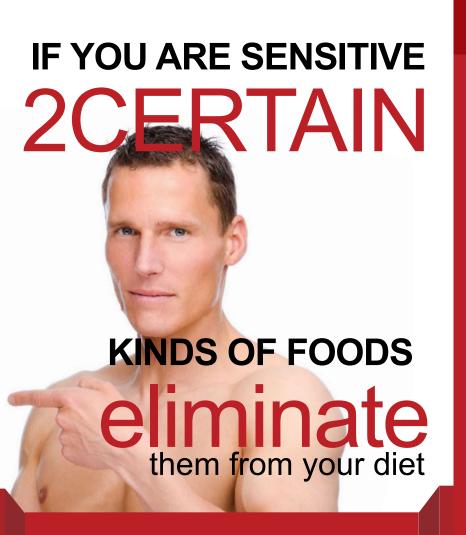


# FOR ERECTILE DYSFUNCTION

here are many underlying physical and psychological causes of erectile dysfunction. Reduced blood flows to the penis and nerve damage are two of the most common physical causes. Underlying conditions associated with erectile dysfunction include vascular disease, diabetes, drugs, hormone disorders, neurological disorders, pelvic trauma, surgery, radiation therapy, a venous leak or psychological conditions. A lack of zinc can interfere with the maturation of the reproductive organs, as well as interfere

with reproductive functions and processes. It can contribute to impotence. Chronic diarrhea, poor appetite, and thus significant weight loss of the unhealthy and undesirable sort, hair loss, and the slow healing of wounds are all associated with zinc deficiencies. So, too, are open sores on the skin and in the mouth, strange tastes in the mouth, and inefficient or reduced mental functioning, especially cognitive processes. So be sure to include lots of zinc-rich foods in your diet, including red meat, fortified cereals oysters, almonds, peanuts, chickpeas, soy foods, and dairy products. Zinc is vital to many

internal processes and supports immune function, reproduction, and the nervous system. It's also imperative to include other vitamins and minerals in your diet. as they may also help improve erectile dysfunction. Be sure to eat whole, fresh, unrefined, and unprocessed foods. Include fruits (lots of richly pigmented berries to support vascular integrity). vegetables, whole grains, soy, beans, seeds, nuts, olive oil, and cold-water fish (salmon, tuna, sardines, halibut, and mackerel. Avoid sugar, dairy products, refined foods, fried foods, junk foods, and caffeine.



AS IT COULD BE A CONTRIBUTING

**FACTOR TO** 

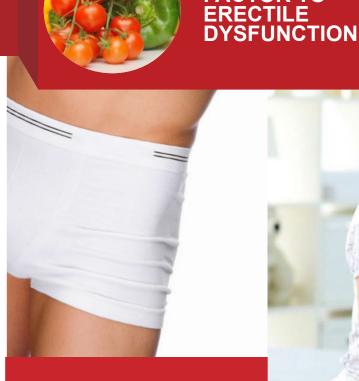
# DRINK PLENTY OF WATER

## **GOOD RULE OF THUMB**

- ➤ Drink 50% of your body weight
- ▶ in ounces of water daily
- or 8 ounce glasses of water, 8 x per day
- ► Let thirst be your guide
- ▶ Drink pure water
- Sport Drinks with electrolytes

### **ERECTILE**

dysfunction may be chronic or recurring, or it may occur as a single isolated incident. In the past, it was assumed that impotence was primarily a psychological problem, but many therapists and physicians today believe the majority of all cases of impotence have some physical basis.







### DIFFERENT KIND OF BIKES

Many companies all over the world produce different kinds of bikes in order to satisfy customers' needs. Now you can

choose from the different kinds of bikes the one that goes very well with you.

People all over the world consider bicycles as a very comfortable and safe vehicle. In the East and Asian countries people use simple models of bikes, Europeans produce majority of modern models. The popularity of bikes becomes clear according to their availability and ecological compatibility. Bikes are actively

used in sport. New models gain hearts of cycle racing's fans. Different kinds of bikes are notable with combination of wheel's diameter and amortization's type but for several inclusions.

According the quantity of amortization all the bikes may be differing to following types:

Rigid bicycles. These bikes have no any shock absorber. These are highway bikes and BMX bikes. Also this kind includes some urban bikes and simple mountain bikes.

Hard Tail bikes. This group of bikes has a lobby depreciation fork. The lobby depreciation fork makes bike more maneuverable and as a result provides more comfort during riding. Fork's operation sweeps from 30 to 300 millimeters and depends on the bikes purpose.

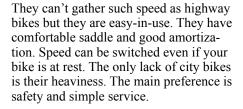
Full Suspension bikes are applied to the different kinds of bikes with front and back amortization. Usually these are bikes for driving on short distances. Soft Tail bikes have front amortization fork, styluses of the back triangle.

These bikes are made especially for extra-amortization. Mostly, there are expensive specialized sport bikes.

Nowadays there are four main types of bikes: city bikes, highway bikes, mountain bikes and special bikes. But besides that there is huge number of subspecies. All the other models are different combinations of these four types.

Highway bikes do ideally for asphalt driving. They can gather high speed due to narrow tires and lightweight corpus.

City bikes are destined for city driving.



Mountain bike will help you to cope with hummocks and rugged country. They often have wide number of modes and speeds, wide tires, heavy and strong wheels, and amortization fork of handlebars. Some models have a back hanger bracket.

Touristic bikes are close to highway bikes. But their corpus is stronger and construction is safer. They allow transportation of heavy load.

In the latest years BMX (Bike Motocross) has become very popular type of bikes for competitions.

Trial bikes differ from the other different kinds of bikes with their construction. Usually trial bikes don't have a saddle and amortization. They are supplied with wide snow tires to improve clutch. Pedals are equipped with tires. This type of bikes often have hydraulic brakes.



# **TANDEMS**

are the bikes for two persons. During the riding one biker sits in front of another.

In contrast to the other different kinds of bikes electric bike is furnished with electric engine. Such a bike allows the beginner to surmount slopes, easily ride uphill and overcome 50 km during an hour.

Hybrid comfort bikes are one of the most universal from the different kinds of bikes. Hybrid comfort bikes are partly possessed of mountain and highway bikes' characteristics. Hybrid comfort bikes have wheels with diameter to 28 inches as highway bikes do have. The equipment is similar to the mountain bikes'.





Are you sure you know everything about it? In this article we observe several kinds of mountain bikes in order to help you to make a right choice.

Mountain bike is one of the most popular kinds of bicycles. The main special features are wide wheels (38-63 millimeters instead of usual 20-40 millimeters). Diameter of mountain bike's wheel is slightly less than road bikes' wheels have. Frame has special form with raised carriage. If you buy mountain bike, you will get highquality bicycle with high number of gears and wide diapason of transmission ratio which is good for all the altitudinal drops. Mountain bikes may be used in extreme conditions. At the same time, all demands of comfortableness and effective control play big role as long as weight lowering. That's why hydraulic breaks, amortization forks and all new developments are provided first of all in mountain bikes.

Those who buy mountain bike Hardtail get

bicycle without back amortization. These mountain bikes have the widest field of use: from simple trips to country cross, bike cross, slalom and trial competitions. You certainly should buy mountain bike if you live in countryside or like mountains. Rigid mountain bicycles without front amortization or with front suspension. Mountain bikes are usually made from aluminum in order to minimize weight and increase running characteristics. The cheapest models are made of hi-ten.

If you want to buy mountain bike to cross country cycling, you should choose mountain bikes with amortization of both wheels. These amortizations smooth away jolts, increase control and comfortableness of cycling.

Comfort mountain bicycles have wheels 650-700 millimeters wide, breaks with anti-blocking system and

Freeride and Downhill are extreme disciplines. That's why mountain bikes purposed for them have several specific features. The main points are special suspensions and high level of safety because each wreck can cause unpredictable consequences. That's why those who decide to buy mountain bike for freeride and downhill should pay much attention on durability of whole construction. These mountain bikes are also provided with the strongest equipment.

Cross country ride presupposes lightness. These mountain bikes weigh not more than 13 kilos. Such bikes have suspensions that provide easy ride uphill and at the same time safety during riding downhill. Cross country models combine safety and lightness.

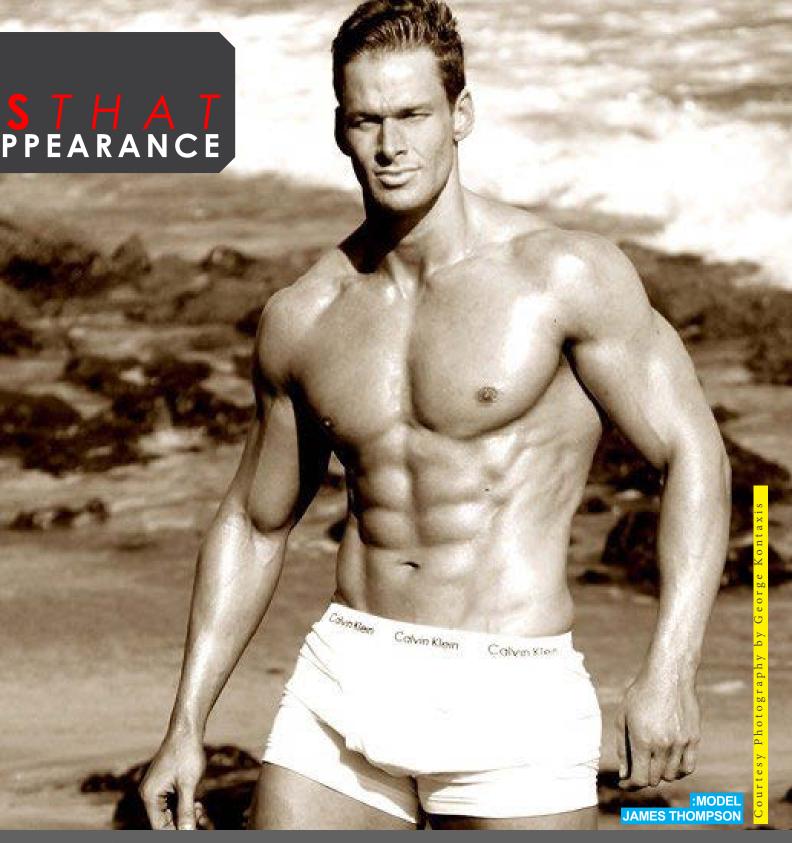
## **ALL MOUNTAIN BIKES**

re more widespread because of their purpose: these mountain bicycles are proposed for "free riding" in countryside. If you want to buy mountain bike

which is comfortable in all the conditions of riding and relief, you should choose this model. All mountain bikes are all-purposed.







# Attitude

the most subtle habit that will ruin one's appearances without even noticing it. Being a gentleman is the fundamental attitude and behavior that every man should possess by treating the people around him with full respect. Simple example of being a gentleman is to hold the door for the ladies, address everyone with proper salutation and constantly ends your sentences with "Thank You" and "Please". You are not portraying an attitude with class if you do not practice the examples stated above and this will ruin your appearance without doubt.

Lastly, the least expected habit that will destroy men's appearances in

long run – Smoking . Yes, smoking may look cool and masculine but please do not over consume it, as it will not benefit you in any form. Smoking causes bad breath, tooth discoloration and worst of all, cancer that will affect your appearance and lifespan. Is it worth it to look cool and macho for that short 3 minutes in exchange for 10 years of your life? If it is not, quit the habit of smoking and get rid of all the habits mentioned above in order to restore your youthful and attractive appearance as a man.



# "Adopt a Pet, FAIN a Friend"



for a doggy. This is GEORGE. He's available for adoption through Guam Animals In Need. Let **LIONEL** chug his way into your heart! He is a few months old, has a brownish-black coat, and hazel eyes. He has all the usual kittenish charms and LOVES to snuggle. If more love is what you're looking for in 2015, any creature who has "Super Sweet" written on his cage tag is a keeper. Say "yes" to ININA! She is about 8 months old, medium-sized, with a short-haired tan coat with white accents on nose and toes. She has big brown eyes, an eager grin, soft ears, and a waggly tail. Her name is Chamorro for "glimmer" and if you spend some time with her sparkly personality, you will understand why! Let

Meet CHER! She is about six months old, has classic, light Siamese coloring, piercing blue eyes and all the traits that make Siamese cats so popular. These include high intelligence, and being very vocal and interactive with their primary human caregiver. Cher is very engaging and affectionate, and if you listen carefully, you will hear "I Got You, Babe" in her purring! Surf into the New Year with NAPU! Napu is Chamorro for "wave". He is a brown/white Jack Russell mix who is only 6 weeks old. Be careful when you gaze into his deep brown eyes, or you might fall in! If you can look at these photos and not feel your heart swell, then you need to check to see if you still have a pulse and may need some CPR! Napu is looking for a companion to ride life's waves into 2015-could it be you?

#### Address

464 Chalan Setbisio Marine Corps Drive, 96929 Yigo, Guam Short Description "Adopt a Pet, GAIN a Friend"

### Company Overview

We are open every day of the year, including holidays, from 9 a.m. to 5 p.m.

You can visit the shelter any time during these hours, volunteers may arrive at 8 a.m. to help with the animals. We are located in Yigo, just north of the Yigo gym.

## **General Information**

Become a GAIN member today!! Just \$15 helps to support the animals of Guam and you will receive the quarterly newsletter as well as a membership card with discounts to local retailers including Puppy Love Guam, Tropic Soap, Opus One, and ACT Watch Repair and Giftshop.

You can mail a check to GAIN at P.O. Box 22365, GMF Guam 96921 Or online at http://www.guamanimals.org/

Tune into K-57 on Monday nights from 7pm-8pm for Friends In Need; GAIN's talk radio show. We will be answering all your pet related questions.

#### Mission

Guam Animals In Need (GAIN), Inc. is a non-profit 501(c)(3) organization dedicated to the prevention of cruelty to animals, and to the education of the public concerning matters pertaining to animals and their welfare.

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**21 BIZSU | ADVERSTISING** 

# ACCELERATING

## **SEDUCE**

THE INSTANT DATE

You may wonder how does instant date work? This might sound crazy to you but you SHOULD NOT take women on a date at all costs! Let me reiterate the point that I have made. If you take a woman for a date that involves dinner and movie, you will be trapped in an uncomfortable silence and boring conversations. I am not implying that instant date does not work, but you will require more efforts to make it work. "What should I do then?" Well, take it slow and don't hop on the express-date train. Instead of going on an instant date, you may initiate a casual meet up at a bookstore or café that does not create a tense situation among you two.

re you interested in improving your seduction skills and building attractions to be popular among the women? I believe if you have been following

my lessons closely, you should be able to obtain plenty of numbers from the women and I mean LOADS of them!

Now, I am not saying that you will not be turned down by the ladies.

It might be caused by several reasons which they are no longer

single, went through a rough breakup or they are just simply not in the mood for it. Whatever the reason

is, it does not matter! Please bear in mind

SEDU

# DO NOT BE PUSHY

This is not cool and you should not be doing this AT ALL! If a girl is having fun with her group of friends, you would not want to hold her for too long. Thus, you should fix a duration once you have initiated a conversation with her. For example, you can be like "Hey gorgeous, I have to get back to my friends in few minutes time..." or "I have to leave soon, but..." when the prefixed duration is almost up. If her body language shows that she is ready to tag along, you can continue your sentences above with "I am heading to this wonderful bar which is two blocks down the road and I really think you should tag along." Alternatively, you can request for her company, as you need someone to guide you around since you are not a local. (KILLER MOVE!) Just to give you a heads up that rejection is inevitable which may be caused by reasons like preoccupied with plans, avoiding gossips among her friends or just

**CREATE A WORLD** 

This is not just a bombastic phrase but it involves a killer and powerful move to be applied on women. Be mysterious and whisper to her that you have something amazing to tell her and it can be about showing interesting available ONLY at your room. You just have to simply make it up like showing her an album or book once she has arrived at the destination – your room. Just remember that women LOVE mysterious man.

Once you both are TOGETHER in the "secluded world" that you have created, you can start showing her what you are made of. Please be reminded to take it slow and do not put your hands all over her as this may make you look desperate and perverted. Maintain a solid and strong eye contact with her by speaking in a soft tone that will make her lean towards you to listen clearly. Then, be patient and don't get yourself all hasty by getting her to the bed. Instead, you should be proceeding to the next step by giving her a passionate kiss that will strengthen the connection that you have just established. By doing so, you are able to figure out whether the woman is worth your invest

being shy.

**22 BIZSU | SPRING 2015** 

## **TIPS ON DATING**

that those rejections meant nothing and it should not stop you from going for new targets. Most importantly, keep your cool and maintain your confidence!

o, let's say all is well and you managed to score HEAPS of numbers from the women, is my job done? NO! This is just the BEGIN-

NING and you have no excuses of slowing down just because you managed to secure a woman's interest. You may go back to square one if you do not continue practicing and improving, got it memorized?

# 

## **BE INTERESTING**

### **SPONTANEOUS!**

Don't be a plan-it-all guy but try being fun and spontaneous (ladies love it). For instance, you can be all spontaneous and ask her out for a coffee or shopping in a nearby neighborhood. You can start off by saying "Hey girl, what are you currently up to? I am about to hit Java Joe's and you should come along! I am shopping for some clothes for New Year and a lady's opinion would be fantastic!"

Do make sure that you are heading to somewhere fun so that you are able to randomly strike a conversation based on the surrounding. Why bother putting in extra effort when the ambience is lending you a helping hand?

DO NOT PAY for the ladies! Especially with a lady that you have just met as paying for them might provide the wrong picture. I cannot stop emphasizing on this, as this is the most common mistake made by all guys. Women may read this differently and may

YUUK :Staff Photographer **GARY MILLER CAN'T BUY ME LOVE** 

misunderstand your efforts by thinking, "Is he bribing me to spend more time with him?" "Is he proving that he is a splendid mate material by showing off his financial success?" "Is he feeling insecure so he is buying himself confidence?" "Is he expecting something in return from me?" Worst of all, "Is he trying to buy his way to get into my pants?" Please remember that woman is a complicated creature and you have to take extra precautions even though you were just trying to be a gentleman. You need to practice this during shopping as well since buying her apparels might look like bribery and it will damage her impression towards you. All in all, avoid placing yourself in such situations that involve payment then you are on the right path of getting her.

23 BIZSULLIFECOACH



**BRITTANY RHEA**STARKVILLE, MISSISSIPPI
Born in 1994



HANAA LOVE PENSACOLA, FLORIDA 21 years old





MILANYA MARIA LOS ANGELES, CALIFORNIA 26 years old



**ERICKA KRISTEN**REPRESENTING THE LONE STAR STATE, TEXAS

Today, she's the epitome of the successful business woman



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Spontaneous, yet sweet, kind hearted and caring





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# WAYS TO MAKE A WOMAN WANT YOU NOW!



## MAKE HER FEEL SEXU-ALLY ATTRACTED TO YOU.

If a woman doesn't feel sexually attracted to you, she won't want to be in a sexual relationship with you. She might want to be your friend, but without sexual attraction she won't have much or any desire to be your girlfriend or lover. Sexual attraction is what makes a woman want to have sex with you,

which then makes her yearn to be your girlfriend. Being nice or friendly with a woman might make her like you as a person, but it won't make her want to be in a sexual relationship with you. Without a strong feeling of sexual attraction, you will either be:

A friend to her: While you are a woman's friend, she isn't obligated to be loyal to you and not sleep with other guys. She will continue having sex and falling in love with other guys with whom she is sexually attracted to, even if it hurts you to see it.

An extra in the background: When you watch a Holly-wood movie, do you spend a lot of time thinking about the random people in the background or do you focus on the main characters? The main guy that a woman will be focused on in her life is the guy who makes her feel the most amount of sexual attraction. If you can't make her feel that way, you will simply be an extra in the background or a random guy that she can easily forget. When you are a Friend or an Extra in the background, any attempts to tell her how you feel or advance the relationship will backfire unless you first focus on making her feel attracted to you.

# 2. DON'T EVER ACT LIKE A FRIEND OR AN EXTRA

Many guys make the mistake of acting like they want

**28** BIZSU | **SPRING** 2015

to be "friends" with a woman because they are worried about being too forward, turning the woman off or ruining the friendship. Secretly, the guy wants to have sex with her, but he puts on an act of being an innocent, friendly guy who is only interested in talking to her or hanging out with her.

Then, when he witnesses another guy who shows his sexual and romantic interest in her immediately, he will often label that guy as a jerk or a sleaze. He will wonder why she would let herself be treated in that way. "I'm so nice to her. I'm a great guy. Why is she interested in that guy? All he seems to be interested in is a sexual relationship with her! At least I care about her!"

He assumes that the woman is making a mistake or that the sleazy guy/jerk is taking advantage of her. A guy like that will often conclude that it must be because the sleaze/jerk is better looking that him, but it's not that. Here is how it actually works...If a woman gets the sense that a guy only wants to be friends with her or is too scared to do anything other than be an Extra in the background of her life, she will usually just accept it and leave it at that. She will then have a sexual, loving relationship with a guy who makes her feel sexual attraction and who isn't afraid to guide her towards kissing, sex and a relationship.

#### ALWAYS REMEMBER:

When meeting a woman for the first time: She doesn't need to get to know you as a "friend" before she will be open to kissing and having sex with you. The most important thing that she needs to feel is sexual attraction, which will then cause her try and notice things that she likes you about as a guy so she can have a reason (other than sexual attraction) to be your lover or girlfriend.

# WHEN INTERACTING WITH A WOMAN YOU ALREADY KNOW:

She doesn't need to be your friend first to be comfortable about the idea of having sex with you. She only needs to feel sexually attracted to you. Then, the fact that you are a good guy is just a bonus to her.



# WHEN MEETING

A woman for the first time or interacting with a woman they already know, many guys are worried about showing their sexual interest and will say things like: "I don't want her thinking that I don't respect her." "I want her to know that she is special to me." "I

want her to know that I', interested in a relationship, not just sex. I'm not a sleaze." "I'm worried about ruining our friendship." "I'm worried that if I tell her I like her, she will reject me and I will then be embarrassed and have ruined my opportunity with her." "My plan is to be as close to her as possi-

ble as a friend and hopefully she will develop feelings for me over time."
While a guy like that is wasting time by thinking in that way, another guy simply comes along, makes her feel sexual attraction and then escalates to kissing, sex and a relationship. The Friend or Extra is then left wondering what just happened.

# DON'T TELL HER YOUR FEELINGS FOR HER

## NLESS SHE IS VERY ATTRACTED TO YOU

Telling a woman that you have feelings for her is fine, as long as she is very attracted to you.

MILD LEVELS OF ATTRACTION: If she only feels mild levels of attraction for you, she won't be excited about the fact that you like her or have "feel-

ings" for her. She may thank you for compliment and may possibly be open to the idea of going on a date with you, but she won't be very excited about it.

### FRIENDLY ATTRACTION:

If she only sees as a friend and doesn't have strong sexual feelings for you, it will feel wrong to her when she is suddenly forced to consider having a sexual relationship with you after you confess your feelings. Let me tell you a quick story here...

I once helped a client who had met a beautiful young woman and fell in love with her at first sight. When they met, she seemed to really enjoy talking to him and they got along very well. He thought that she would become his girlfriend (and maybe even his wife), but he was devastated to find out a few weeks later that she didn't feel the same way...at all.

Why didn't she feel the same way? The entire time he interacted with her, he had behaved like a friend, but secretly, he wanted to have sex with her and make her his girlfriend. He didn't know how to make a woman feel sexual attraction and instead just showed how "interested" he was in her. At night, he would often fall asleep thinking about how great it would be to have sex with her and be her boyfriend.

The more he fantasied about her, the more worried he

became because he wasn't sure if she felt the same way. She was always happy to talk to him and even seemed to like him more than other girls did. According to what he was reading on the Internet, her behavior meant she liked him too! He'd also read online that he should confess his feelings for her... So, he decided to tell her how he felt. To his horror and disappointment, she looked sad to hear his confession from him and said something along the lines of, "Thank you...I like you too...you're very special to me, but I don't want to ruin our friendship." He was heartbroken, but also very confused.

He wondered whether her comment of "I like you too" meant that she really wanted to be with him, but wasn't sure if it would ruin their relationship. Not knowing what else to do, he began to confess his feelings even more via text and e-mail. He bought her gifts, sent her sweet texts and clicked like on everything she posted online.

Yet, the more he did for her, the further she pulled away. Eventually, she stopped responding to anything he sent her online and no longer answered his calls. Whenever he saw her in person, she tried to avoid him or always seemed to be in a hurry to go somewhere else.

Feeling confused about what to do, he signed up for a phone coaching session with me and I taught him the attraction techniques from my book The Flow. Following my advice, he stopped acting like a hopeless romantic and instead began to make her feel intense sexual attraction for him.

The next time her saw her, he went from being ignored by her to having her walk right up to him and smile. She was literally standing right in front of him face to face, looking him in the eyes and about 20cm away from his face. He built up the sexual tension between them (using the attraction techniques that you can learn from





# BUILD UP THE SEXUAL TENSION BETWEEN YOU

S

### **EXUAL TENSION:**

An exciting feeling that occurs when a man and woman feel sexual attraction for each other, but the escalation to sex is being delayed by them, the environment or circumstance (e.g. they work together, she is out partying with her friends and doesn't want to look too easy

in front of her friends by hooking up with him quickly, he is already in a relationship with another girl, etc).

### TO MAKE A WOMAN WANT TO

be with you sexually, you first need to make her feel sexually attracted to you and you then build the sexual tension between you.

You can build up boiling hot sexual tension between you and a woman during 1-5 minutes of interaction, or take it slow and build it up over a few days or weeks (e.g. if you work with her, attend university together, etc).

### WHEN YOU BUILD UP SEXUAL TENSION

correctly, the woman not only wants to have sex with you, but feels like she needs to have sex with you to release the built up sexual tension. In the case of my client (mentioned in the previous section), the woman felt an intense desire to kiss him to release the built up sexual tension between them.

If there isn't any sexual tension present between you and a woman, the idea of having sex won't feel very appealing.

If you do happen to have sex, it will feel awkward, forced and even boring to her. While the physical sensation of sliding into her will feel great for both

of you, it won't be the type of amazing, emotionally charged sex that happens when a man and a woman release their built up sexual tension.

RELEASE THE SEXUAL TENSION WITH KISS-ING AND SEX: You can only build up sexual tension to a certain point before it runs out of steam. If you don't release the built up tension through kissing and sex, the woman will either:

- 1.Lose interest when she realizes that you're too afraid to make a move
- 2. Think that you're just playing with her. In most cases, she will then hook up with another guy to make you jealous, or at least brag about other guys who like her to see if it makes you insecure. This is her way of testing whether you like her and are simply afraid to make a move.

Women fantasize and dream about meeting a guy who has the ability to build up the sexual tension between them and then have the confidence to release it via kissing and sex.

Most guys can't provide that experience for a woman and instead kill the sexual tension by confessing their feelings for the woman before she's even properly attracted. If you can give women the exciting experience of feeling attracted, having the tension build up and then releasing it via kissing and sex, you will be a man in demand. Women literally fight over guys who have that type of skill with women.







I'm Brittany Rhea! I'm from Starkville, Mississippi, home of the MSU Bulldogs! Go State!! I was born in Starkville in 1994 and it is

where I have lived for most of my life. I have always

LOVED BEING INFRONT OF THE

CAMERA and I have played around with modeling since I was a toddler. I did not officially start modeling until age sixteen. It was then that I decided I wanted to try to make a career out of it. Over the years I

began to learn and grow in this industry. It was not always easy. It took a lot of perseverance to get through the fakes and the people masked with jealousy.

THROUGHOUT MY MODELING CAREER

I HAVE
TRAVELED THE
WORLD "

and have made multiple friends. One of the places I have worked is the Playboy mansion where I was selected to be a body-paint model twice. Modeling also opened other doors for me, such as acting and being a Ring Girl. I have starred as the lead female actress in the

modeling you can

find me cage-side

as a Ring Girl with

MMA

usic video
"Not Here
Tonight",
and I can be
found in other
videos such as "Turra Gun
Angel."

y biggest accomplishment so far in MMA was winning the opportunity to guest ring girl with Bellator in Memphis.

nd modeling is something I love and I'm willing to work as hard as possible until I complete all of my dreams in this industry.











Background

I am 21 years old and live in Pensacola, FL. I was actually born in the Big Apple, Queens, NY. I was raised in West Palm Beach, FL, and moved to Pensacola and attend school at University of West Florida and Pensacola State College to become a nurse practitioner. I have been modeling seriously for almost 4 years now. I started traveling 3 years ago. I have been through so much in my life from pageantry to modeling. "My mom always told me don't just reach for the stars, but past somewhere

beyond where no one has ever reached before, because beyond that will be the true success and understanding for not only what you want, but for what others will see you for".

I will always look up to that quote till the day I die.

NOT ONLY IS IT INSPIRING BUT IT MAKES ME
BELIEVE \*\*\*

My family consists of Saudi Arabian and Indian

that

I can do

more than anyone has ever done. My mom is my inspiration, not because she is my mom, but the hard work and dedication she put into my family and her work. Her blood, sweat, and tears made me who I am today. Strong and determined. She has always set the bar

igher than expected not asking for help but doing it on her own. My mom has always been my backbone, through every moment of my life. Even if she was away at her job, she always made her kids her priority, and push them to be number one in life. She worked her butt off to put me through Modeling Academy and me the confident, vibrant, and beautiful person I am today. She supports me through all my endeavors.

hat made you start modeling? How did you get into it?: I actually started modeling when I was 14 years old. My first casting call was with Ford Models. I actually got a callback from them whenever I turned 15 years old, never fell through with it because I did not want to drop out of school and travel every where. I was scared to leave my brother and sister and plus who would take care of them. My dad was there but, my mom did most of the working. So I fell out of it. When I moved to Pensa-cola I was discovered by the International Bikini Model Search, which they actually opened me up to lots of photographers and companies such as Playboy, Maxim, FHM, BlackTape Project, and many more. I was very fortunate enough to take these trips with them all over from the Bahamas to Cancun and much more. I was able to take these pictures in Cancun which is being published by great magazines, such as Bizsu;)



:COURTESY PHOTOGRAPHY

by FRANCIS GAMBOA



ecent Projects: I have worked with the Black Tape Project along side with International Playmates Khloe Terae, Marissa Everheart, and a dear friend to me who has pushed me to model again Morgan Marie. I had one photographer, Rjay Gamboa, tell me "You are a Mini-Morgan", because most of my poses are like hers natural, and sophisticated. She was always a great mentor. I was named Miss New Orleans International Bikini Model 2014; I am also an Ambassador for The International Bikini Model Search as VP of Contest Affairs. I have been published in Hot Tropix 2 years a row in the Black and White Editions, Blue Jeans Babe, and Hot Tropix Originals. I have been published in Modelz View August 2014, and Modelz View India January 2015. I have worked with renown photographers such as Joe Damaso, Rjay Gamboa, Francis Gamboa, Blue Gamboa, Greg Aldous, Chris Rifkin, and many more if I left you out, sorry love you all!!! I am growing as I go.... I just jumped back into modeling 3 years ago. I have so much to look forward to in 2015! Much more to come!







Though originally from a small community in Ohio, Ericka Kristen is a Texan by all means and stands proud while representing the Lone Star State. The softly spoken beauty has never been one to shy from the spotlight, competing in beauty pageants since the tender age of 4 and was classically trained for 5 years in ballet, tap, and jazz styles of dance. Moving to San Antonio, Texas at the age of 14 afforded Ericka with a broader education, life experiences, and even more opportunity to fulfill her dreams. Fast-forward a few

years to the mid 2000's.

A GRADUATE OF RONALD REAGAN HIGH SCHOOL AND STUDENT AT

UTSA Ericka was entered, unbeknownst to her, by close friends in 2007's San Antonio Express-News' Conexion Magazine's Hottest Latina

"

TODAY, ERICKA IS THE EPITOME OF THE SUCCESSFUL
BUSINESS WOMAN

77

FEATURED
AS SPORTS
ILLUSTRATED
ONLINE'S LADY
OF THE DAY

pageant.
Though she
did not win, she unarguably
went on to be the most
successful of the participants,
landing a full page spread
in the Express-News' 2007
San Antonio Spurs NBA
Championship issue. This
introduced the South Texas
masses to the awe inspiring
beauty of Ericka Kristen and

:COURTESY PHOTOGRAPHY

by GUS TOMASINO

he beginning of a new chapter in her career. She quickly became the face of beauty salons and boutiques in San Antonio and Houston, such as Threadz and Heaven B. Jewelry and began appearing in TV commercials airing on air and in movie theaters across the state.

he is an international spokes model, licensed beauty consultant, and holds a degree in international business. In addition to making the rounds in photo campaigns for swimwear and lingerie lines across the globe, Ericka is an avid fitness enthusiast and proponent of healthy living. Her hard work and training has resulted in a stunning physique and multiple features in numerous MMA magazines, including several cover appearances. Her latest mainstream success has included being featured in an international edition of FHM, and a contract with LA Models and a foray into professional acting.

verall what brings the most joy to her as a result of her success in the modeling business is the ability to have become a contributor to fundraisers for the Humane Society of the United States. Ericka is an admitted animal lover, owning 2 cats, Princess and Mojo and her pit bull Drake. She is also a frequent participant in a host of Breast Cancer Awareness campaigns and marathons. As she states as her motto "Love, and do what you love" reflects her inner side of the passion she embraces for what she loves. A true humanitarian, animal rights activist, savvy businesswoman, and stunning beauty, Ericka is a jackof-all-trades and a force to reckon with. The future is bright, the night is young, and the possibilities are endless.



























MCKAY 21

YEAR OLD

ment industry. She hasbeen blessed and recognized as a young model/ actress with amazing opportunities arise such as, being apart of The Black Tape Project in Toronto, fashion magazines, photoshoots, ads, commercials, threatre and music videos.

Mckay is Canadian, and represented by both a

Canadian and International Agency. She has just recently signed with actor/ film producer Michael Richards. Actor in the tv show Seinfield, creator of the movies, Paranormal Activity, Pirates of the Caribbean, Charlie St. Cloud, just to name a few! With that being said, Rachel is a driven, dedicated hard worker who strives and constantly works at wanting to become better and better within the industry.

She's the type of young lady who is; quirky, hilarious, goofy, outgoing, always enjoys to have a good time, and is the life of the party! At the same time, Rachel is spontaneous, yet sweet, kind hearted and caring. She is very into fitness/ working outwho seek it.

**56 BIZSU | SPRING 2015** 





#### ENJOYING GIVING ADVICE FOR THOSE WHO SEEK IT.

THERE IS SOMETHING ABOUT RACHEL
THAT MAKES HER UNIQUE AND
DIFFERENT THAN THE REST.

### AT 1 POINT

she had a major relapse with her mental health. "I felt lost, after my grandma passed away two summers ago, I was a spiraled mess. Struggling with depression.

# FRESHLY COMING OUT OF HIGH SCHOOL

AND GOING BACK FOR A "VICTORY LAP" YEAR.. I WAS ACTUALLY QUITE A MESS.

#### **NEAR DEATH**

I wasn't sleeping, eating, working myself way to hard, and basically had a near death experience seeing myself diminish before my eyes. Family and friends were so traumatized and worried. I needed help. It was a desperate measure that needed to be taken."

Instead of attending her first year of college at the age of 19, Rachel decided to seek professional

Courtesy Photographer MARK WONG

help with her depression, anxiety. "That was the best decision I ever made in my life because it has made me the strong, young women I am today.

## **RACHEL**

#### CONTINUED

My ex of 3 years left me at my complete worst and said, "come back to me when you're better". I was so heart broken at the time but slowly began to realize that, if he left me at my worst, he sure as hell doesn't deserve me at my best." Now at the age of 21, she stands away from her past, and promises herself she would never become the person she once was. "I am free."

Finally, Rachel wanted to open up and participate as a recovered speaker, being able to reach out and tell others who struggle with mental health and that they are not alone. People can overpower the negative energy they have. There is hope. In order to be truly happy in life, you have to be able to love yourself no matter what, inside and

Love yourself first because after all, no one else does a better job at being you, than yourself!
"Don't push the ones away who love you pull them in and love them. You are all bombshell beautiful babes, please remember that!"

Don't be afraid to have a chat with Rachel, she enjoys meeting new people, and with her friendly, outgoing personality, she encourages you to spike a conversation!

**58** BIZSU | **SPRING** 2015



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disha wa

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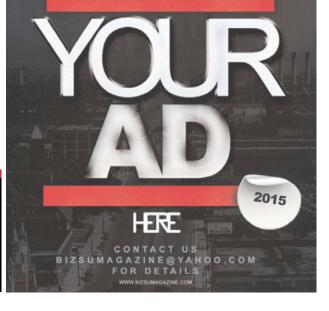


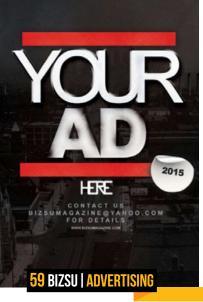
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# WHAT IS FLIRTING

AND WHY DOEST IT TURN WOMEN ON SO EASILY?

**FLIRTING** 

IS AN ESSENTIAL

#### **INGREDIANT**

THAT YOU NEED to include when you're out there approaching and picking up women to get laid, get a girlfriend or find yourself a wife. It's also something that you need to include in a relationship to help keep the spark alive.

#### WHEN IT COMES

to meeting women, if you've been finding that your conversations with women start off well, but then fizzle out and become boring to the point where the girl just doesn't seem very interested in talking to you anymore, then flirting is most-likely the missing ingredient that you've been overlooking.

#### IN THIS ARTICLE, I'm going to answer the

following questions for you about flirting:

- \*What is flirting?
- \*What is an example of flirting?
- \*Why do women prefer men who can flirt?
- \*Why does flirting turn a woman on so easily?
- \*Is flirting all you need to attract a woman for sex or a relationship?



**60 BIZSU | SPRING 2015** 

#### WHAT IS FLIRTING? FLIRT (VERB): TO BEHAVE AS THOUGH

YOU'RE ATTRACTED TO OR TRYING TO ATTRACT SOMEONE, BUT FOR AMUSEMENT RATHER THAN WITH SERIOUS INTENTIONS.

# MEANING

#### SO, WHAT DOES THAT MEAN?

Essentially, you are showing that you're attracted to her, but it's not serious. You're doing it without serious intentions. You're acting amorously, but without serious intentions.

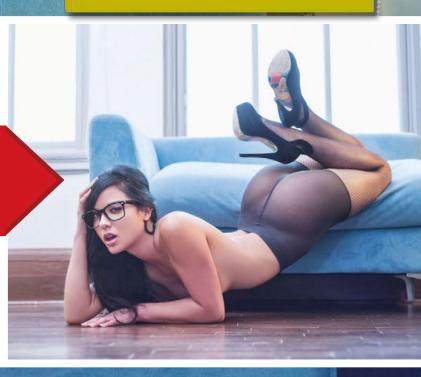
WHAT DOES ACTING AMOROUSLY MEAN? Amorous (adjective): Showing sexual desire, expressing love, being in love. By acting amorously or being amorous towards her, you are showing sexual desire for her, showing love and appreciation of her, but without serious intentions.

WOMEN KNOW
FLIRTING ISN'T SERIOUS
THE DICTIONARY SAYS
THAT FLIRTING
ISN'T SERIOUS..

### **EXAMPLE**

WHAT IS AN EXAMPLE OF FLIRTING? The examples of flirting that I'm going to provide for you take place in a Starbucks cafe when you're interacting with the female barista and ordering a coffee.

THE FIRST EXAMPLE OF FLIRTING that I'm going to give you is a subtle example



of flirting and then I'm going to provide a really obvious example of flirting, to ensure that you fully understand what is going on.

# SUBTLE EXAMPLE OF FLIRT

AND HOW YOU'RE COMING ACROSS RATHER THAN WHAT YOU'RE

YOU ARE ACTI<mark>NG AMOROUSLY</mark>

showing her that you're attracted to her, but you are not doing it in a serious way.

IT'S NOT A SERIOUS, formal, risky thing to do; you're just being a cool, easy-going, loving, charming guy and you're showing interest in her in a very subtle way that women love.

SO, YOU WALK UP and she asks you, "What would you like to order?" or "What can I get you today?" and instead of just ordering your coffee like a normal customer and not showing her that you find her attractive, not expressing any love or appreciation for her, you can flirt with her in a very subtle way.

WHEN SHE ASKS YOU something like, "What can I get you?" you can pause, smile, look her up and down a little and say, "Well...hello, how are you today?" with a subtle expression of love, appreciation and sexual desire.

THAT'S WHAT flirting is. You are showing her that you find her attractive and you are doing it without serious



-intentions. You're just being a cool, confident, loving, charming guy by flirting with her in that way. What you might notice now that we're talking about subtle flirting is that guy's like **George Clooney**, who women refer to as being charming, has been using that type of body language all along. When he interacts with female hosts or interviewers, you will notice that he uses a flirtatious smile and body language. He's showing his appreciation of the woman's beauty and sex appeal. He's not afraid to express that feeling in a subtly flirtatious way.

The same applies with your interactions with women; you can show that type of appreciation of the woman's beauty, her attractiveness and you can do that in a loving way. It's not serious; you're not doing it with serious intentions. You are simply flirting with her and giving her the type of communication experience that women yearn to have with men.

## **NG** .1

TONALITY, VIBE

GEORGE CLOONEY

SUBTLE FLIRTING. WOMEN REFER TO AS BEING CHARMING



I'M STANDING HERE TALKING TO THE MOST BEAUTIFUL BARISTA IN ALL OF STURBUCKS, SO I'VE LOST MY TRAIN OF THOUGHT.

#### LET'S SEE

...what was I going to get? Latte...cappuccino...I guess I'll get a latte." That's a really obvious example of flirting because I'm actually saying what I feel about her attractiveness, by mentioning that I'm standing there talking to the most beautiful barista in all of Starbucks. It's not as subtle as just walking up with a loving, subtly sexual smile and saying, "Well... hello, how are you today?"

2. REALLY OBVIOUS EXAMPLE OF FLIRTING TO ENSURE THAT YOU GET THE POINT AND UNDERSTAND WHAT FLIRTING IS.

## REMEMBER

YOU ARE BEHAVING as though you're attracted to her, you're showing your attraction for her, you're showing your appreciation of her, but it's not serious, which means that you can joke around with at times as I will demonstrate with the following example.

WHEN YOU WALK UP and the woman asks you, "What would you like to order?" to be flirt with her in a really obvious way, you can pause, smile and say something like, "Well...I thought I knew what I was going to order, but I've walked up now and my mind's gone blank.

D.O.B May 5th, 1988
Birthplace: Fall River, Massachusetts
Turn Ons: A great smile,
tall, and someone who can
make me laugh and feel special.
Turn Offs: Ignorance,
bad hygiene, self absorbed.
Interests: Human rights, cooking,
traveling, and photography.



Age: 26 Height: 5'3" Weight: 105 Measurements: 32D-26-36

With the really obvious example of flirting, I'm actually saying something like, "Well...now my mind's gone blank. I'm standing here talking to the most beautiful barista in all of Starbucks and I've forgotten what I was going to order."

63 BIZSU | LIFECOACH





Men are mostly attracted to a woman's physical appearance and if a woman is attractive, most of the men that she meets will be willing to have sex with her or even start a relationship even if they don't like her personality and behavior.

Most guys would be willing to give it a go to have sex because most guys are ready to have sex or are turned on enough just based on the woman's physical appearance.

This is why the porn explosion happened on the internet. Men look at porn and get turned on immediately, simply based on how the woman looks. Even if the guy doesn't like the woman's personality, morals, values or level of intelligence, he can still get horny and want to have sex with her (or jerk off to her).

Just based on physical appearance, most men are ready and willing to give an attractive woman a chance. They would date her, have sex with her or even begin a relationship with her even if they didn't fully like her personality and behavior. That is the position that most women are in and you need to understand that if you are going to understand why women behave in the ways they do.

Some guys have higher standards when it comes to women and want to find a woman who's not only attractive, but also has a great personality. However, the majority of men (95%) that a woman will meet in her life, will either ask her out or show her that they are really interested and want to be her boyfriend, simply based on her appearance.

Even if the guy doesn't like her personality, even if she is being a bit of a bitch, the majority of guys will still be interested in giving it a go. If she is attractive, that is the sort of treatment that she will get throughout her life from men.

Yet, she doesn't just want to accept one of those random guys. She wants a guy who can make HER feel attracted... and that is NOT just about a guy's looks.

Instead of being immediately ready for sex, most women need to be warmed up. Some women are very easy and will have sex right away or will be very easy to pick up, even if a guy has little to no skill at attracting and picking up women.

However, the majority of women need to be warmed up and if the guy's personality and behavior doesn't turn her on and make her feel attracted, then she's not going to go along with it.

# ...FLIRTING ALLOWS

A WOMAN TO GET a feel for the guy's personality first before she begins to show some more interest. Instead of a woman just saving, "Oh, you like me? Okay...you look good, I look good, so I'll give you my number...let's go out on a date...how about tonight? Come over to my place, we'll have sex and get this relationship started" she will want to get a feel for the guy's personality first.

FLIRTING is discreet and non-committal. When you flirt with a woman and she flirts back with you, it doesn't mean that she is

saying, "Okay, I like you and I want to start a relationship" or "Okay, let's have sex." What she's doing is simply flirting with you to see how it feels and if it feels good, she will go with it.

Women like to play in what I call The Maybe Zone of Flirting to see how they feel, before committing to anything else. The Maybe Zone of Flirting is, "Maybe I like you, maybe I don't. Maybe I'll hook up with you, maybe I won't." A lot of guys don't like that and wish that women would be more straightforward and to the point.

"What's with all these

#### **BUILDS SEXUAL TENSION**

Sexual tension is an exciting feeling that a man

and a woman will experience when they want to have sex with each other or go to the next stage of a relationship, but there is something (or someone) blocking that progression.

EXAMPLE 1: They work together and are attracted to each other, but it is considered wrong or inappropriate to hook up, so they just flirt with each other and the sexual tension builds up.

EXAMPLE 2: A woman is interacting with a guy in a bar who isn't easy to pick up. He's not a typical guy who is instantly ready to hook up with her or be her boyfriend simply based on her appearance. Instead, he feels attracted to her, but has the ability to "warm her up" by building up the sexual tension between them.

#### **MOST GUYS**

Instantly react to a woman's physical appearance

and are ready to act simply based on that, which is why guys jerk off to porn. The attraction to a woman's physical appearance is enough for most guys. However, what a woman wants to experience is the exciting feeling of sexual tension that only happens with a guy who understands the position that women are in when it comes to dating and sex.

She wants to feel attracted

to him in many different ways during an interaction to the point where she too is ready to kiss or have sex.

You can attract a woman by how you are talking to her, how you are using your body language and how you are responding to what she says and does. These are things that a guy either knows how to do or not. Guys who don't know how to attract women

# **SILLY GAMES?!**

One of the reasons why is that a woman wants to be discreet about her sexual interest in a guy so that other people (including the guy) don't think that she is "easy" or look down on her in any way. Additionally, before she actually commits to going on a date with a guy, having sex or starting a relationship, she wants to be able to feel very attracted to him first because the attraction that a woman feels for a guy is mostly based on how his personality and behavior makes her feel

If a woman is attractive, most of the guys that she meets are willing to get started with her (i.e. kiss her, have sex with her, take her out on a date, etc) simply based on her appearance, but she's not. Most women need to be "warmed up" first and they will then be interested in going forward to a kiss, a date, having sex or starting a relationship

66 BIZSU | SPRING 2015

#### **DURING INTERACTIONS**

Will talk to women and the conversations

may start out okay, but it quickly becomes boring and the woman loses interest because there is no build up of attraction or sexual tension. Many men don't want to flirt with women because they want women to stop being silly and just like them for being a good guy, "Hey...I'm a nice guy... I'm intelligent...I've got good intentions with you.

What's with all the silly games? I like you...let's stop mucking around here."Yet, what is really going on is that, if you refuse to flirt with women, what you're refusing to do is create a spark between yourself and a woman when you meet her. The intelligent, deep and meaningful conversations with a woman happen later on in the relationship.

You don't need to have those sorts of conversations with a woman initially to get her interested in you.

You've got to create a spark, build up her attraction for you and create exciting feelings of sexual tension. Most women need to be "warmed up" to the guy first and they are not interested in getting started (i.e. with kissing, sex or a relationship) simply based on the guy's appearance. They want to feel attracted and turned on by his personality and behavior.

Initially, women want

to feel a spark with you and flirting is one of the easiest ways to make that happen. There are so many things that you can say and do to flirt with a woman and create between you and her when you first meet her.

If there is a woman that you already know and you haven't created a spark with her, you can now create that spark by using flirting and then build on that by attracting her in many different ways.

A lot of intelligent men want women to

be impressed by the fact that they are intelligent, have great ideas about the world and politics (or anything other topic they think women should be impressed by), have a great job, have great intentions with the woman, but that isn't what she is looking for. She wants to feel a spark of sexual attraction and then she wants you to be able to build on that by making her feel turned on by your personality and behavior, which is actually a very easy thing to do once you know what you're doing.

#### IT'S MORE FUN & ENJOYABLE

Than talking to a guy who doesn't flirt

With flirting, sparks fly immediately between a man and a woman and in a relationship, flirting is one of the things that helps to keep the spark alive.

What happens for a lot of couples is that they will get into a relationship and initially, it will be fun and exciting because there is the "beginner's lust" at the start of a relationship.

However, once that initial lust has died away, if the guy doesn't know how to flirt with his woman and doesn't know how to create more sexual tension to keep the spark alive, the relationship can start to feel boring. The couple then ends up feeling like friends or housemates and the fire begins to burn out with no spark between them.

WHY DOES FLIRTING TURN a Woman On So Easily?

The reason why flirting turns a woman on so easily, is that it attracts women in many different ways at once.

Most guys are going through life that, to attract women, you've got to look good, be tall, have muscles, have loads of money, have an expensive car, live in an amazing

Be Confident ...Be Masculine

House or apartment, wear the best

and THEN you will get the girl. Yet, that's just not how it works. The fact is that you can attract women in so many different ways.

Yes...women are attracted to guys who are good looking. A handsome guy can make the woman feel attracted.

Yes...being tall will make a woman feel some attraction for a guy.

Yes...having a perfect, gymbody can make a woman feel attraction.

Yet, they are not the ONLY things that women can feel

#### **ATTRACTED**

to and that is why you will see guys who are overweight, with attractive women. You will see guys who many people think are not good looking, with a beautiful woman. You will see guys who are from a race (e.g. Asian) where other people think that he can't attract many women, but he will be doing it...easily.

Why does this happen? How can women feel attracted to guys who don't look like male models? What is going on? It is a fact of nature that women CAN feel attracted to men for many different reasons. A woman's attraction for a man is not limited to his physical appearance. When you flirt with a woman, you are actually attracting her in many different ways at once.

By flirting with a woman, you are:

Being confident.
Displaying social intelligence.
Being masculine.
Being charming.

# YOU ARE BEING CONFIDENT

AND DISPLAYING social intelligence by being a guy who actually understands flirting and knows that women love it and that they want guys to do that with them.

You're being masculine because you're making her feel girly; you're not afraid to say or do something like that in a public or social environment. You are also being charming, depending on what style of flirting that you're using at the time.

There are so many different ways that the woman is feeling attracted to you when you flirt with her. If you think about what attraction actually is, you

will understand how it works. The dictionary definition of attraction is:

Attraction (noun): A quality or feature of someone that evokes feelings of interest, liking or desire.

The dictionary definition of attraction is not, "the feeling that a woman gets when she sees a good looking guy." Attraction occurs when a woman observes, notices or experiences qualities in a man that evoke feelings of interest, liking and desire within her.

When it comes to attracting women, you have so much power.

#### PERSONALLY SPEAKING

I never used to know about flirting

I thought that flirting was something that women did and that wasn't important for men.

I would go over and talk to women and ask them boring questions about what they did for a living, where they lived, how old they are, etc. The conversation would quickly get boring and I didn't know why it got boring. I didn't know why women weren't ex-

cited when talking to me.

I mistakenly thought that, "Okay...it must be happening because I am not good looking enough. I have to buy more expensive clothes...I've got to get better looking fashions. I've got to go the gym...I've got to look better in any way I can and THEN, hopefully women are going to be excited when they talk to me."

## YET NO MATTER

What I did in terms of going to the gym

buying new clothes or expensive shoes, styling my haircut in a certain way or getting a new cologne...none of it made a difference to the end result of actually getting laid or

Initially, when I started wearing better clothes, women did show some more initial interest, but when I began to talk to a

getting a girlfriend.

 woman, she would quickly get bored and I would run out of things to say. It would feel awkward with the long silences during the conversation because I didn't know what else to say.

There was just no spark because I didn't even know about flirting and I didn't even know that you can attract women in so many different ways when you are interacting with them. As a result of that lack of knowledge, I was turning women off.

# IS FLIRTING ALL

YOU NEED TO ATTRACT A WOMAN FOR SEX OR A RELATIONSHIP? NO. FLIRTING IS JUST ONE OF THE WAYS THAT YOU CAN ATTRACT WOMEN

In my programs at The Modern Man, I teach guys how to attract women in more than 100 different ways. If you read my book The Flow (an instant download after you purchase), you will learn about flirting, many important attraction techniques and the personality traits and behaviors that naturally attract women

You will also have examples of things that you can say and do right away to start attracting women. From that, you will be able to get yourself a girlfriend, get yourself a wife or get laid and have sex with many different women.

AUTHOR & FOUNDER OF THE MODERN MAN

DAN BACON DATING COACH

#### AFTER BEING REJECTED

by women yet again, I would go home

with my tail between my legs thinking, "Oh well... I'm just not good looking enough. Oh well... I guess I'm stuffed when it comes to women... I guess I'm going to have to accept an unattractive woman" not even realizing how close I was to being successful with women.

If I could just go back in time, I would say to

myself, "Dan! Wake up!!! Use flirting and other attraction techniques to attract women. You CAN do it." I would tell the younger version of me to stop being so closeminded about attraction. Yet, that version of Dan just didn't know what I eventually discovered and now teach here at The Modern Man.



#### ATTRACTING

Women is a Complex Skill That You Either Have or Don't Have

What a lot of guys don't realize is that attracting women and being good with women, is a complex skill that a guy either has or he doesn't have.

Like me when I was hopeless with women and couldn't get myself a girlfriend, a lot of guys are still going through life right now, not even knowing that they have so much power when it comes to attracting women. A lot of guys are going through life thinking, "I don't look good enough and that's why women don't like me" or "My job is not good enough" or "I'm not tall enough."

Such men don't pay attention to the fact that they do see guys who they look better than or who have the same "issue" (e.g. lack of height, overweight, etc) with attractive women. They don't pay attention to that be cause they don't know what else to think.

So, let me tell you something now to clear it up and to help you understand what's really going on...

Being good with women (i.e. being able to attract women when you meet them and then continually build on the attraction, respect and love that a woman feels for you in a relationship) is a complex skill that a guy either has or doesn't have.

In life, you learn many new complex skills and you either know how to do it or you don't know how to do it.

An example is when a guy learns how to drive a car. Initially, there are so many things to think about, learn and focus on and it might feel like a difficult thing to do, but once you learn it and start doing it, you've got the complex skill and you're set for life.

# The same thing applies with developing and having the

OMPLEXSKILL

of being good with women. Initially, from the outside, when a guy looks at a guy who is good with women and notices that sparks are flying as he interacts with them women, it can feel like it would be a difficult thing to do. The guy on the outside may think, "Hhh...that's too

difficult. Bloody women...
why do they make it so hard?
Why can't I just walk up to her
and she likes me for being a
good guy?

Why does it have to be so difficult?" It seems like a difficult thing to do, but it's actually very easy, just like learning to drive a car.

### **ATTRACTED**

You learn what you need to do, you then do that, you gain the complex skill and you're set for life. However, if a guy goes through life and he never develops the complex skill of being good with women, then what happens is that he almost always gets rejected by women when he tries to pick them up. Relationships that he's in become stale and boring. He may also become insecure, needy and take the woman for granted. The relationship then begins to fall apart. No one has ever really taught him what it takes to be successful with women and he's going through life without the complex skill; he just doesn't know what to do. Yet, that is what I am here for at The Modern

I am here to offer you all the answers, all the techniques, all the solutions involved in having the complex skill of being good with women. Once you get the complex skill, attracting women when you meet them and maintaining their attraction in a relationship is one of the easiest things to do in life.



When you first start out trying to learn how to pick up women, approach women and have your choice with women, it may feel like a difficult thing to do, but I always hear back from guys who have used some or all of my programs and most of them refer to it as being ridiculously easy.

Yet, at the start, if a guy is walking through life and doesn't even know about flirting or how to attract women in many different ways and is thinking that it's all about looks; it can feel like a really difficult thing to do. Women may seem silly, annoying and even shallow for rejecting him, but they are doing it for a reason.

The woman wants to feel a spark of attraction and she then wants the guy to be able to build on that attraction by attracting her in many different ways with his personality and behavior. If that doesn't happen, then she isn't feeling what she wants to feel before hooking up with a guy.

# STOP WASTING YOUR LIFE THINKING THAT YOU'RE NOT GOOD ENOUGH FOR WOMEN

If you are going through life and not experiencing the type of success with women that you want, I hope that you don't go through more of your life thinking that you are locked out of being able to attract women.

I hope that you don't waste more of your

life thinking that you're not good looking enough, that you're not good enough as a man, not tall enough, don't have enough muscle or any other thing that you currently think is mandatory for success with women.

I hope that you can open your mind to the reality that guys who are not good looking are picking up beautiful women. Guys who are overweight are picking up beautiful women and even marrying them. Even Asian guys are hooking up with white women and marrying them. Why is that? It's because women can be attracted to a guy for so many different reasons.

A woman's attraction for a man is not limited to his physical appearance. I hope that you can understand that.

Furthermore, when you make a woman feel attracted to you in other ways, she will actually like your physical appearance, even if other people think you don't look attractive. She will say something like, "There's something about him that I like. He's cute. I find him attractive. He's my handsome boyfriend/husband." She will be attracted to him.

Not all women in the world will go for a guy who doesn't look like a male model, but many women will. That's what you need to understand.

With flirting, you can create a spark between yourself and a woman initially, just by flirt-

ing with her (i.e. expre appreciation and feelin in a non-serious way. Y that you're sexually att when you create that sp ply build up the attract ways that you can do it the process (called "The about in my book The

You go through "The F go from one step to the When a guy isn't succe and picking up women ship, it's because he isr Flow. He isn't creating himself a woman and is that spark.

In most cases, a guy wi woman will "like" him guy and then give him Yet, that isn't the exper for and being a good gu You've got to be able to tween yourself and a w on it. If you are able to so much choice with w the guys that she will n clue how to do it.

No guy can pick up eve world, but with flirting in many different ways many beautiful women



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ery woman in the and attracting women , you can pick up very easily.

#### **IN SUMMARY**

Flirting is not a serious thing to do, but it's a very important thing to do because it creates a spark between you and a woman.

You don't need to worried about using flirting, "Will she see it as too forward?" or "Will I offend her?" You're not doing anything wrong by expressing some love and appreciation. You're not doing anything wrong by showing her that you find her to be sexually attractive. You're not doing it with serious intentions.

Women know that flirting isn't serious and they love it because they can get a feel for your personality first, before committing to anything serious like giving you a phone number, kissing you, having sex with you or starting a relationship with you.

Flirting allows a woman to play in the Maybe Zone and get a feel for you first, before she goes any further. When you are one of the rare guys who knows how to rapidly build on a woman's attraction for you and turn her on, then you will have so much choice with women.

It will no longer be a case of you trying to talk to women and hoping that they like you, but will be a case you creating an instant spark between yourself and the woman, building on that attraction and then moving it forward.

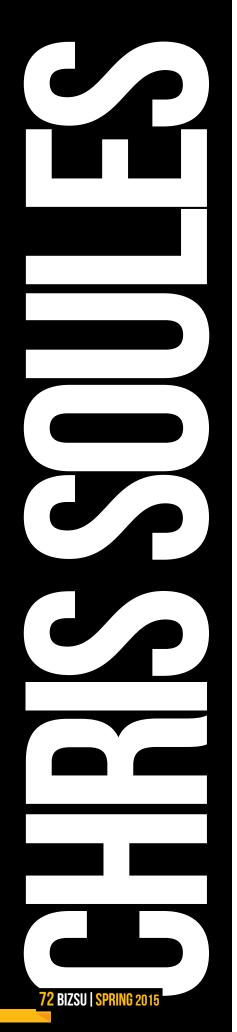
Rather than thinking to yourself, "I hope I can get this girl to like me. I hope that I can grow on her" and hoping to be liked for being a good guy, you will actually be making women feel sexually attracted to you. Trying to be "liked" will lead you into the dreaded friend zone and will also leave you vulnerable to having another guy come along and steal the woman that you've been talking to for an hour, just by flirting with her for a few minutes.

You do have the ability to make women feel attracted to you.

You most-likely don't realize how much power you have when it comes to attracting women. You have so much power. You have more power than you probably realize.

It's not just about a man's physical appearance. You can make women feel attracted to you in so many different ways and I hope that if you are interested in learning, then you read my book The Flow and if you want to learn even more, you check out some of my other programs as well.

When you do, you will have the complex skill that is required to be successful with women and you will be set for life. You will have your choice with women and you will be able to attract women when you meet them and maintain the attraction of a woman in a relationship.





# SEXIEST MAN OF SPR

#### SPRING'S SEXY HUNK //

This handsome, charming and hot looking blue-eyed hunk that is currently

featured in The Bachelor Chris Soules. He is currently searching for the perfect candidate as his wife in the latest season of The Bachelor

ABOUT CHRIS

He was born and bred in a small-town lowa as a hard working farmer. Let me stop you right there if you think he is a small-time farmer that earn pennies for a livin He is a very, VERY successful fourth generation farmer that owns a 6,000 acre farm

#### YES LADIES, HE IS INDEED A MILLIONAIRE III

He may look muscular (woot!) and manly on the outside but he is caring, gentle, kind and most importantly, a romantic at heart. He started off in the entertainment industry as one the dates in the 10th season of The Bachelorette and lost the love of his life as a third place finalist. He did admit that despite falling deeply inlove The Bachelorette-Andy Dorfman, he knew that there was a chance it might not work out as there were two other great guys competing against him. He was truly

#### UPSET AND DEVASTATED THAT ANDI DORFMAN DID NOT PICK HIM ////

Even though life did not turn out the way Chris had hoped for, he got lucky to be chosen by the fans as the new Bachelor in Season 19

#### TIPS FOR MEN

So what can a man learn from Chris Soules? Chris Soules is humble and shows a very low estimate of his own importance despite being a wealthy farmer. Being humble is one of his personalities that made him likable and he even admitted at one point that he has kissed more girls than any other Bachelor. Men out there should learn from Chris in order to be likable, charming, and pleasant amongst the ladies Besides, he is a very confident man with an easy-going attitude. He handled all Bachelorettes's feelings, emotions and attitudes with grace and made them real comfortable. He was able to show his confidence with his body language where he leans back, keeps his body open, maintaining eye contact and faces towards the ladies while conversing. This is the one quality and strength that makes men more attractive and popular with the ladies



## iper, a successful chef and restaurateur IAN THE FAMOUS GORDON RAMSAN **CULINARY** П ō NOIR Щ his fiery te BETI for l KNOWN AS **74** BIZSU | SPRING 2015

#### **EARLY LIFE AND CAREER**

Born in Scotland and brought up in England, the 48 years old Ramsay now owns a number of highly acclaimed restaurants across the world. If you think Gordon Ramsay was born with natural cooking talent then think twice. Many do not know that Ramsay aspired to be a professional football player at a very young age and was signed by Glasgow Rangers at the age of 15. However, a knee injury prematurely ended his soccer career after a short three years with the Rangers. Soccer's loss was the culinary world's gain when Ramsay start over by taking up a degree in hotel management. After five years of studies, Ramsay worked under some of Europe's top chefs. He apprenticed with Marco Pierre White for a year at Harvey's in London. Ramsay then moved to France in 1990 where he worked for Guy Savoy and Joel Robuchon to learn the intricacies of classic French cooking. Ramsay returned to London and became a head chef of the newly opened Aubergine which quickly garnered two Michelin stars. In 1995, Ramsay was awarded 'Newcomer of the Year' at the prestigious Catey Awards. His first wholly owned restaurant, Gordon Ramsay, was established in 1998, and subsequently received Three Michelin Star in 2001. The internationally renowned Ramsay now owns a string of successful restaurants across the world, from the United Kingdom to Italy to the United States and holds 7 Michelin stars. Ramsay has published 21 books since 1996, including Passion for Flavour and Chef for all Seasons.

#### **CELEBRITY CHEF**

Ramsay started to venture into reality TV shows in the late 1990s with the debut of Boiling Point which

showed his working life as he set up his first restaurant. Among many of the television series and reality shows that Ramsay appeared in, Ramsay Kitchen's Nightmares and Hell's Kitchen are the well-known ones that successfully made him a household name. Hell's Kitchen saw Ramsay attempt to train ten British celebrities to be chefs, showcasing the volatile chef's perfectionism and infamously short temper. Ramsay enjoyed huge success and popularity in the United States after Hell's Kitchen was aired, and he took the opportunity to open Gordon Ramsay at the London in New York, and subsequently in Florida and California. In 2006, Ramsay was appointed Officer of the Order of the British Empire (OBE) by Queen Elizabeth Il for his services to the hospitality industry. He was also awarded the Catey award for 'Independent Restaurateur of the Year' in the same vear.

#### **RAMSAY'S SUCCESS**

has been attained through Gordon Ramsay Holdings Limited, the company that holds all his business interests including restaurants, consultancy and media work, which was a partnership with his fatherin-law Chris Hutcheson, in which majority of the stake value is owned by Ramsay. However, the chef fired Hutcheson in 2010 amid allegations of Hutcheson's manipulative tactics of having him followed by private detective, accessing his private emails, forging his signature and misuse of the company funds. This has sparked public row which threatens to strain their family ties. The family feud had prompted Ramsay to write an open letter to Greta Hutcheson, his mother-in-law, to reconcile for the sake of the family.





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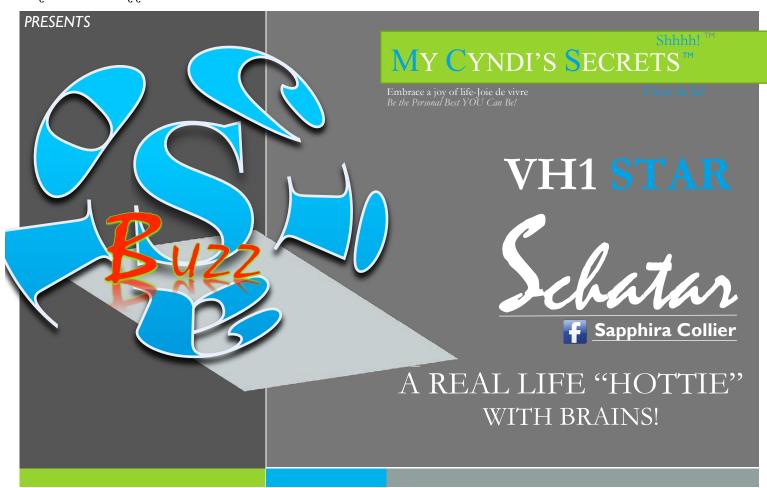
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### My dear friends, one of my favorite places in California is Universal Studios Hollywood.

It's often considered the entertainment capital of LA along with the adjoining Universal City Walk.

#### I adore the old movie sets

in the back studio lots and love the bright lights of the walk at night inviting young and old to discover the magic of Hollywood. This is where Mario Lopez records his interviews with famous celebrities on most weeknights for the popular TV show EXTRA. On this particular evening Universal City Walk is the perfect location to meet up with glamorous VH1 reality star Schatar Sapphira Collier.

#### Curvy, Vivacious

and larger than life this bombshell beauty

struts through the **Universal City Walk** with her protective entourage alongside. Heads



automatically turn – everyone from little girls and women admiring her flashy attractive appearance, to young boys and older men ogling

her ....her... Well you get the picture!!! Your little Cyndi Sleuth was there. Psssssst! Come with me!

#### Hi, I'm Cyndi Targosz

and I'd like to share "My Cyndi's Secrets – Shhhh!TM". Today we have an exclusive "Cyndi Chat" with Schatar Sapphira Collier for BIZSU Magazine. Schatar, of course has gained international fame as the break out star of the VH1 hit TV shows "Flavor of Love" and "Charm School". Most know her simply as the name of the character she played in these shows which is "Hottie". One look at Schatar's vavavooom figure, flirty butterfly lashes and long wild

Continued~ whispery hair, you can easily see why she got the name that continues to stick – "Hottie" is a hottie.

### Your little Cyndi Sleuth

always likes to dig a little deeper than required. I'm very familiar with the comedic capabilities of this delightful actress.

However, could it be that she has much more going on than the zany cartoon-like character we have often seen her play on "reality" TV? Hmmmmm! Upon further review I find that Schatar Sapphira Collier is a graduate of the University of Pennsylvania, has completed graduate studies at the famed **Peabody** Conservatory of Music and has starred in three musicals at the prestigious John F. Kennedy Center including a 6 month national tour. This dynamo is also a vocalist, producer and publisher. She has hosted the BMA's (Black Music Association) awards and has won a BMA for Best Pop Music Performer as well as the "Verge" award which is given to the person the BMA deems to be Americas next big star.

#### I personally invited her

to be on a "My Cyndi's Secrets – Shhhh!<sup>TM</sup>" panel for a keynote speech I gave to the students of UCLA.

They were deeply touched by her true story of being legally blind as a child. She overcame the stigma of fat glasses and the cruelty of bullying children that ensued. Schatar Sappira Collier is an evolving story of overcoming obstacles against the odds. She's a bundle of brains, beauty, talent and kindness, wrapped in a combustible body on fire with flames of sensuality, femininity and yes-even balls.

#### I invite you to enjoy

this "Cyndi Chat" with **Schatar Sapphira Collier** as she opens up about reality TV, making it in Hollywood, men and overcoming struggles. Shhhh!

CT. Schatar, everybody knows that you are this beautiful woman, but I know there's a lot of depth to you. So, I have to ask you first, how did the name "Hottie" come about and how do you feel about that today?

**SSC.** Actually, on the show *Flavor of Love* every person received a name, they had different names like "Sweetie", or "Goldie" or other names and I received the name **"Hottie"**. Now considering that some of the girls were named "Thing One" and "Thing Two", I think that I got one of the best names in the house, Right? And so I just accepted it and rolled with it and so I'm happy to have it.

**CT.** Well it is such a good name, there's certainly nothing wrong with being called "Hottie"! ... But let's talk about the reality shows. How much of it was actually real, what was it really like to be on the shows *Flavor of Love* and *Charm School*?

**SSC.** Well I can tell you that the house was real. We lived in a home that had many bedrooms, lots of space, we had the fitness area, the tennis courts, lots of places to do Tai Chi and an amazing kitchen and the competition was also real. All of the risks that came with the competition were completely real.

Now as an actor and a producer I realize that it's good to have a lot of fun with the things that you're doing, because mainly you want the audience to tune in every week and you want something to happen in that episode that makes the audience say, "Hey, I have got to see what is going to happen next." And so every episode I tried to do something funny, you know, wear really fun colorful things and just have fun with it and people said that the episodes did really well.

**CT.** Well. So were you conscientious about the "character" that you were playing or was it really "you" on the show?

**SSC.** You know, I have to tell you, you always cut directly to the chase.

CT. (Laughing) Yes! I do.

SSC. Yes, you do, you do. So the truth is yes. I was aware of the character I was playing. I was aware that there may be young people watching, so I made a point to try to set some sort of an example for the audience that was watching and not get into physical fights on the show. That was very important to me, but also to do something comedic because when people are watching they want to have fun, they want it to be light hearted. So that's what I hoped to bring to the show.

Cyndi Targosz is an InfoTainment Journalist, Celebrity Image Consultant, Comedic Actress and a Certified Lifestyle Counselor. She is the bestselling author of Dating the Younger Man(Adams Media), Ten Minute Tone-ups for Dummies(Wiley), The Only Diet Book You'll Ever Need (Adams Media), Erase Your Waist(Sourcebooks), and Your Best Bust(Sourcebooks). She just released her CYNDI'S SECRETS 4 DVD fitness series. Cyndi has been a guest expert on numerous radio/TV shows. ("Good Morning America," "Fit TV," NBC News, Donahue, FOX News, To tell the truth etc.)Her tips have appeared in multiple publications. Find Cyndi and her products at My Cyndis Secrets.com + STARGLOW.com + Cyndi Targos z.com

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#### CT.

The fact that you feel a sense of responsibility about how you portray yourself when you know children are watching says a lot about you. Let's face it, there's a lot of bad stuff that's out there and bad examples. How do you feel being on these reality shows affected your life?

**SSC**: During the filming of *Flavor of Love*, it was like the little show that could. Who knew if it would ever be seen by anyone or not? It could have become another one that was not seen and on to the next show, you know? However, it became a hit and went #1 for the entire history of the **Vh1** network. By the time we did *Charm School*, the spin off show, it premiered with 5.1 million viewers and eventually, both were seen globally. When I went to sing in Amsterdam after *Charm School* had aired, people at the airport there knew whom I was and I did not realize it had even aired globally... It was a big difference.

Whatever privacy may have existed before was definitely gone. From then on, going to the grocery store, through the airports, even with shades on, it became more likely to be recognized as the character "Hottie" from the show. Years ago, I realized that when this happened in anyone's career, it was an opportunity to do something for the good and make a difference in some way. So, I try with many opportunities to encourage people and inspire them in their own lives as often as I can when I meet them. It completely changed my life. ....

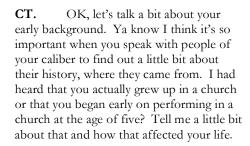
## From going to maybe three auditions a day to someone who's known for doing that specific show...

And as someone who's known for that specific character, because they think that is my real life, everyday...The main question I received was "Can you really Not cook chicken?" because they believe that it is all authentic. (Laughing together)

CT. Well – fess up – was the cooking of raw chicken in a microwave a planned mistake to cook or do you NOT know how chicken?

**SSC.** The truth is, I am a vegetarian so I had never cooked a raw chicken in my life. But, I was acting. I was trying to create a scene that would be memorable for the viewers so they would tune in week after week. So I had fun with the recipe...I put a few chow mein noodles on it, some jelly, some mushrooms, fresh vegetables, and topped it of with a marshmallow smiley face. Since many of the scenes are improv,

I figured that would be a scene to remember. (Cyndi & Schatar laugh) (That chicken episode was the highest rated episode of the series)



**SSC.** You heard the exact story. I started singing in the church choir at age five and my godmother at the time was a producer for the New England Emmys. And so I asked her to help me

prepare to do a presentation at the church, I was going to do, "The Creation" and present this presentation at five. And she didn't spare anything. She said, "Well, if you're going to do it like a professional." So, I had to research the role as a professional would, I had to look up the other people who had done this piece, I had to look at

their presentations of the piece and I had to come up with my own version of this character at age five. And so that type of preparation helped in preparing for roles that I'm doing now.

CT. You know Schatar, when we first met, I was giving a Key Note at UCLA and you were one of the guests on my panel. I remember distinctly how everyone loved you. One of the things that you had talked about on the panel was your earlier life experience. I think that our audience would love to hear this and be inspired.

SSC. Yes. It is very personal and you have an excellent memory to remember this. I overcame childhood blindness. My family realized that I wasn't able to see that well out of one eye. When they took me to the doctor as a toddler the doctor covered one eye and I started screaming. And eventually they realized I was having difficulty seeing and if I didn't do something about it,



#### (Continued)

it would be total blindness in that eye. So I had an opportunity at that time to address it.

CT. It is inspiring the way you have dealt with blindness. I also know that you are a person who believes in the importance of getting good training. Even though you are great fun and you're beautiful you have a B.A. from the University of Pennsylvania. You also graduated from the famed Peabody Conservatory of Music. Wow! Amazing! Has that helped you? Tell us your feelings about formal training.

SSC. Yes thank you. I ended up doing my senior thesis on Women in Entertainment... Looking up women who were producers as well as entertainers and studying them, not just from the years in school but years and years before. People like Marilyn Monroe, Josephine Baker, Pearl Bailey and Madonna, and Oprah Winfrey and just watch how they built their careers and what impacts they had on lives. I also can tell you that when I was in school that my Mom was in a debilitating car accident.

CT. (Sympathetically) Oh.

SSC. So I was in school two hours away from home and I would travel back home on the weekends to take care of her. I ended up adjusting my schedule since I was doubling my classes so I could finish on time and still help take care of my Mom.... It was not easy, but I felt it was important to have a strong foundation before coming to Hollywood and dealing with the competition of auditions and working on productions.

CT. What a good lesson that is for any career! To look at people who have made it and see what is their history. Not just where they're at today but what road they had to take to get there. It's important to see that successful people like you also have had to struggle. This takes me to my next question. Eventually you made your move to Hollywood and naturally when most people move to Hollywood there are struggles. There's the struggle of getting noticed as an actress, there's the struggle of survival. What was it like when you first

moved to Hollywood? Might you share any of your horror story experiences?

**SSC.** (Big Laugh) Do you want the Press answer or do you want the truth?!

**CT.** (also laughing) ... this is My Cyndi's Secrets – Shhhhl, so come on, speak from the heart!

SSC. (Laughing) Alright, OK. .....Cyndi, that is such a great question. Do I have some stories for you! One is – once, I had an audition. I looked up the address and drove over. When I arrived at the address, I saw that it was a person's house. But it wasn't just a house; it was the house behind the house. Ummm, I did not even get out of the car. Once I saw that it was not a real audition, with a real location, I continued about my day and headed to the next one. I did wonder though how many other actors saw the address and actually went inside.

The other Hollywood horror story is an agent I had at the time gave me an address and time for an audition in a great office with a cool production. ... I was prepared too! Resume in hand, and my brightest Hollywood smile. As soon as I walked in, the casting director said, "Who are you?" I told her my name. She then asked why I was there, I told her I was there to read for the role. She then said that she had not invited me to audition and asked how I got there. I told her my agent had given me the info and told me to come and read. She was livid. Apparently, that agent had arranged for me to do what they call crash an audition when a person just shows up. Fortunately, the casting director understood and she then said, whoever that representative is, you should fire them immediately. I thanked her for her time and walked out of the casting office. I felt so embarrassed and angry that a person who I thought was on my own team could put me in that situation... That rep was fired. I got new representation and one of the two casting agents that were in the room that day have brought me back to read for other productions since Whew, glad I did not let that stop me. It would have been easy to just give up but it is so

important to stay focused on your goals and take every opportunity to live your dreams.

What a positive eye opening experience. And I think in listening to you that you make it clear that yeah, when you move to Hollywood there is the good and the bad. Actually in any business you can either let it bring you down or you use that to go to the next level. And that's what I love about you. You take whatever life throws at you and you use it to your advantage. All right Schatar, now it's time for a little fun stuff! This is My Cyndi's Secrets! I'm really happy for you and have to congratulate you. I know you've just recently married Max Collier...and you have a son. But, before we talk more about Max, I'm sure you had to kiss a few frogs before you met your prince. I thought maybe you could shed some light on some of the do's and don'ts of dating.

SSC. (Large laughter) First of all, OK. Guys. You totally have to make sure you are clean! That means bathe regularly at least once, maybe twice a day. That's very important! ... When you bathe daily, make sure to use a manly scent. Women love that!....Yes, yes and another thing that they should do is listen. Have you ever had the experience when a person may be talking to you and they're not looking at your eyes and not listening to what you're saying?

CT. Where are they looking? (Laughing)

SSC. Exactly, Yes! (Reference to her breasts) They should listen and look at her "eyes" and pay attention. That's another thing that's extremely important. ... And also to appreciate the person for whom they are. Not who you think that they should be, not that they remind you of your exgirlfriend, nothing like that. You have to appreciate them for their style and the things that they themselves are interested in.



#### (Continued)



CT. I think that's excellent advice. Now tell us a little bit about your husband Max and what he did to win your heart.

How did you guys meet?

Cyndi

**SSC.** Oh my goodness, well first of all he totally makes me swoon. He's absolutely amazing! We met on a movie shoot of the film "Eros: Emmanuel and Me". My character is Mike Cruise, an established CEO of a multi-million dollar company who falls in love with a hot, much younger man. It is a dramatic story of love, passion, and betrayal.

When we filmed the steamy love scene for the opening, everyone had to clear the set except the camera crew, the director, and the make-up artist......

The producer of the movie was a member of Max's family and they told me about Max. They said that there was this great big guy that I should meet and so whenever I saw him on set he literally walked from the door to where ever his destination was, so I would wave and say "Hi How Are You? And he would just say "Hi Hi," and keep walking. So basically he ignored me the whole time. ...... And so when I got a chance to actually talk with him, I found that we were from the same hometown, we knew some of the same people, we had a lot in

common and we started working on a business venture together. And then I had to travel. I went out of town and I realized that I miss him. I missed being around him every day. I missed talking with him, I missed the conversations and then I was hooked from then on. That was it!

CT. Oh that's a beautiful story. Wow! I'm so happy for you. And all you guys, you listen to this because she just gave some great advice. Well you also mentioned Schatar, that your parents had a part in all of this love triangle romance. Tell us a little bit about that.

SSC. A totally amazing story. So my Mom knew Max's Dad years and years ago. When I was only fourteen I actually met his Dad who had founded the Black Psychiatrist Organization of which my Mom was a member, so they were both Psychiatrists. And so I knew his Dad and we knew other people in common, but I didn't actually meet Maxie until on the set here in California. So you know, they say you don't necessarily know, just continue to follow your journey and enjoy all of the good things along the way.

CT. What a beautiful story! This was meant to be. It truly was. What's next for Schatar? Are you working on any projects now, what are you doing?

Yes, well the very set on which I met Max for the film "Eros: Emmanuel and Me" has just been turned from a miniseries into this movie, so I'm starring in that one and we'll continue to look for the release date for that. Also we founded "Let's Make TV" , it's an E-Learning center, we have a number of courses. I'm working on different productions through New Vista Studios. We've developed a training series on the parts of speech, so it was an animated thing that teaches people about the parts of speech through animation and music and color and it's really great. Also the Twelve Pipsqueaks. We're working on and our son Maxie J. Collier is also an advisor and a cowriter on this one.

CT. And how can people find out about your projects? Do you have a web site?

SSC. I do! They can go to Schatar.com.

CT. You know Schatar, I have a quote that you actually said that I want to read to you. And it says, "Believe in yourself. Sometimes making it through a day without anyone giving you moral support or encouragement may make you feel you're swimming alone, struggling to stay afloat."

SSC. So many people are going through a struggle daily, every single day and they don't tell people about it necessarily. It can be something they're going through at home, it can be something they're going through at work, it can be a goal they're trying to reach but they don't know how to get there. So I share that as to say: A) I understand what people are going through. B) To not give up. Continue to keep your motivation to go for that goal because it's so important. And I always feel like, even if they feel like no one believes in them, whatever it is, if they don't believe that they can learn that recipe, or get that degree or, whatever it is that I believe that they can do it and I want them to be motivated and know that someone does care.

CT. Oh, that's so beautiful and well stated. So, is there anything else you want to share with everybody? This is My Cyndi's Secrets – Shhhh! Is there something that maybe your fans don't know you?

**SSC.** I want to tell them... uh, I confess. I do have a confession. ... it's just something fun, but I like everything "Hello Kitty"! .... I have "Hello Kitty" everything!

CT. (Large laughter) And you heard it here. My Cyndi's Secrets – Shhhh!<sup>TM</sup>

And until next time.....Strut your stuff on the red carpet of life! Shhhh!<sup>TM</sup> Life is too short so I say InJOY!



~Cyndi Targosz

# HOW to KNOW if A WOMAN is INTERESTED in YOU?



#### KAY, SO THERE'S A

woman that you really like and you want to start a sexual relationship with her, but you're not sure if she feels the same way.

#### FIND OUT IF SHE LIKES YOU?

THE GOLDEN RULE: The Golden Rule is that if a woman is attracted to you, then she is interested in you. The more attraction you can make her feel for you, the more interested she will be.

- \* If she is not attracted to you, she isn't going to be interested.
- \* If she is a little bit attracted to you, she will be a little bit interested.
- \* If she is very attracted to you, she will be very interested.

Yet, even when a woman is very attracted and interested in you, it doesn't automatically mean that she is going to openly show that to you!

ot All Women Make it Completely Obvious When They Like You Sometimes, a woman will stop talking to a guy to test his level of interest or to test his confidence level. She wants to see if he's going to become nervous when

she pulls back her interest or if he will lose interest in her. How interested is he and how confident is he when a woman plays a little bit hard to get? Sometimes, a woman will talk to a guy and get him really interested in her, even when she has no plans at all to hook up with him sexually. Often, the woman will want to use the guy's interest in her as a confidence booster; to make her feel better about herself, to improve her self-esteem or to look good in front of others.

Sometimes, a woman will want to avoid looking "too easy" to a guy. She will want him to be able to trust her in a relationship if they do end up hooking up, so she wants to show him that she's not an easy target who gives herself up very easily. A woman like that will play hard to get and behave shy about the idea of going on a date, so the man can feel like he is getting a great woman that he will want to stay with.

hat to Do if You Can't Work Out Whether or Not She is Interested Each woman will show her interest in a guy in a slightly different way. Sometimes, the

woman will be challenging. Sometimes, the woman will be easy.

So, what should you do?

- \*Focus on making her feel attracted to you.
- \*Confidently attempt to escalate things to the next level (e.g. phone number, kiss, date or sex).
- \* As long as she keeps showing interest in talking to you and interacting with you, keep going with that until you get to the end result. Be the strong one for the both of you. Sometimes, the woman is shy or worried about being rejected and needs a guy who can be strong enough to deal with her issues.

#### DON'T WASTE TIME AND ENERGY

worrying about whether not she is interested in you. Focus on making her feel attracted to you and she will be interested.

Waiting and Hoping For Obvious Signals

The main reason why you shouldn't wait around hoping for obvious signals from her is that it can cause you to appear nervous, self-doubting or awkward around her. Those are behaviors and personality traits that turn a woman off.

ous signals
from her may
also cause you
to act like a
friend around
her, because
you're worried
about showing
interest in her
and being rejected.
However, behaving or
acting like a friend
around her is not what
causes a woman to feel
sexually attracted to
you.

aiting for obvi-

WHAT IS ATTRACTION AND HOW CAN YOU MAKE A WOMAN FEEL ATTRACTED TO YOU?

The dictionary definition of attraction is: Attraction (noun): A quality or feature of someone that evokes interest, liking or desire.

n my programs, I teach guys how to attract women in more than 100 different ways. An example of a way to attract a woman is by using humor, which is just one of the ways that you can attract women. You might have heard women say that they like a guy who can make them laugh.

:MODEL AMBER LEE TERRY :STAFF PHOTOGRAPHER KEITH SELLE umor is one of the best ways to make women feel attracted to you. However, not all types of humor make women feel attracted to a guy. If a guy is just using a friendly and polite type of humor when talking to a woman, it is not going to make her

feel attracted. The type of humor that makes a woman feel attracted is what I call, Playfully Arrogant Humor.

By using Playfully Arrogant Humor, you're not being arrogant; you're being playfully arrogant and that is what's funny about it. Just in case you're feeling worried about the word "arrogant," I want to point out that I'm talking about playfully arrogant humor, which is actually the type of humor that talk show hosts use.

Talk show hosts like Jimmy Fallon, Stephen Colbert, Johnny Carson, David Letterman, Jon Stewart, Arsenio Hall, Conon O'Brien and even women like Ellen Degeneres and Giuliana Rancic all use what I call, Playfully Arrogant Humor.

AUTHOR & FOUNDER OF THE MODERN MAN

83 BIZSU | LIFECOACH

## PLAYFULLY ELEGANT HUMOR

'M GOING TO GIVE YOU A COUPLE of examples of Playfully Arrogant Humor in a minute, but, before I do that let me just tell you something even more important about Playfully Arrogant Humor...

The reason why talk show hosts use Playfully Arrogant Humor is that it's the type of humor that makes most people like you. The talk show hosts wouldn't use that type of humor if it made most people hate them because no-one would watch their show.

#### WHEN YOU USE PLAYFULLY ARROGANT

Humor, it makes women feel attracted to you and it makes most people like you. So, don't be afraid of the word "arrogant" and don't be afraid to use Playfully Arrogant Humor; it's one of the best things that you'll ever do in life. It makes life so much more fun, it makes more people like you and it makes women feel attracted to you.

#### MOST GUYS STICK TO POLITE

and "safe" type of humor around women because they are offending women or saying something that might make the woman angry or annoyed. As a result of that "nice guy" approach, the guy ends up being very nice, polite and reserved around her…but, that isn't what makes a woman feel attracted to a guy.

#### A GUY WHO HAS THE CONFIDENCE,

social intelligence and masculinity to be able to use Playfully Arrogant Humor is the sort of guy who is going to make her feel attracted. He's also the guy who will make her feel really good because she's going to be laughing and having a fun time interacting withhim.

TWO EXAMPLES OF USING PLAYFULLY Arrogant Humor to Attract a Woman.

**84** BIZSU | SPRING 2015

#### IMAGINE THAT YOU'RE TALKING

to a woman you like and she touches you on the arm. How can you make her feel attracted to you by using Playfully Arrogant Humor?

WHEN SHE TOUCHES YOU ON THE ARM, look down at where she touched you and then look back up at her with a smile and say, "What's with that? You're a bit touchy-feeling today, aren't you?"

#### BY SAYING THAT WITH A SMILE.

you're being playfully arrogant. You're not being an arrogant guy; you're just joking around and pretending to be arrogant by assuming that she's trying to seduce you and hit on you. That's what is funny because most guys will never have the courage or social intelligence to react in that way.

omen feel attracted to a guy like that. Why? Using Playfully Arrogant Humor requires confidence and confidence is extremely attractive to women.

It also requires you to think in a masculine way, where you are the man and she is the woman.

A lot of guys will interact with a woman and will put her in the more powerful position; they'll put her in the position of dominance. The guy will try to do whatever he can (even if it means giving up his power and being a pushover around her) to hopefully impress her. Yet, behaving in that way is not what makes a woman feel turned on by a guy. Most women are turned on by guys who are the more masculine one, so she can then be free to feel girly and be the woman in the dynamic between them.



SING PLAYFULLY
Arrogant Humor
To make it clear about
how using this type of
humor makes a woman
feel attracted to you, have
a look at the dictionary
definition of attraction.

#### WHEN YOU USE PLAYFULLY

Arrogant Attraction (noun): A quality or feature of someone that evokes interest, liking or desire.

THERE ARE MANY DIFFERENT qualities and features that you can present to women that make them feel naturally attracted to you. Using humor is just one of those qualities.

#### **HOW DOES**

PLAYFULLY Arrogant Humor make her feel attracted to you? You are presenting traits (features or qualities) that naturally attract women, such as: Confidence, masculinity, the ability to make her laugh and social intelligence.

IF YOU JUST USE POLITE, guarded, reserved, nice guy type of humor, it doesn't make her feel attracted to you because you're not displaying a lot of confidence and you're not displaying masculinity.

IF YOU'RE TOO AFRAID TO USE Playfully Arrogant Humor with women, then you're most likely in the mindset where you feel like you need to be nice to women to get them to like you and then hopefully get a chance with them.

TO SUCCESSFULLY PICK WOMEN up and have your choice of women, you've got to be the sort of guy who makes women feel attracted to you, not just like you as a person because you're such a good guy. There's nothing wrong with being a good guy, but you've got to be the sort of good guy who also makes women feel attracted to you.

MAKING WOMEN SEE YOU as a friendly, nice, innocent guy isn't what makes them feel sexually turned on. However, when you display many traits that naturally attract women (e.g. confidence, masculinity, social intelligence, etc), it will attract her to you and turn her on.

CONFIDENCE, MASCULINITY and social intelligence are not the only traits that you can display. I teach

more than 100 different ways that guys can naturally attract women. Attracting women is actually a very simple and easy thing to do, once you understand it.

YOU DON'T HAVE TO BECOME a bad boy or a jerk or do things that are rude or mean to women to attract them. However, you do need to display personality traits and behaviors that are going to naturally attract women to you. My approach to women is about being a good guy, but being a good guy who is also attractive to women. That is the big difference.

TTRACTING WOMEN
Instead of wasting time
thinking about whether or
not a woman is interested
in you, what you need
to do is focus on making
her feel attracted to you.
The more ways that you
can make a woman feel
attracted to you, the more

interested she is going to be in you.

ONCE ATTRACTED TO A GUY, each woman will show her interest in a guy in a slightly different way. Some women will play hard to get. Some women will make it easy. So, what you need to do is simply focus on making her feel attracted and then confidently move things forward.

IF SHE GIVES YOU AN ABSOLUTE,

"No! Go away! Leave me alone" response then you know that she's not attracted to you and she's not interested in you. However, if she keeps trying to talk to you, is open to talking to you and is open to interacting with you, then it means that you have an opportunity to make her feel even more attracted to you.

THE MORE ATTRACTED you can make her feel, the more interested she's going to be in you.

SE THE Her You Before Your Of Her.

If there you rea want to sexually

SE THE FLOW to Make Her Your Girlfriend Now, Before You Miss Out on Your Opportunity With Her.

If there's a woman that you really like and you want to make her feel sexually attracted to you,

I welcome you to try the proven techniques from my



OOK, THE FLOW.

When you use The Flow on this woman you like, the dynamic between you and her will instantly change because she will feel attracted to you in so many different ways.

THERE ARE SO MANY different ways to make women feel attracted to you and in The

Flow, for example, I explain and provide examples of the 9 personality traits that naturally attract women. The ability to use humor and make her laugh is one of those traits.

IN THE FLOW, YOU WILL find so many examples of how to use Playfully Arrogant Humor when you approach women, when you start talking to them, when you're a few minutes into the conversation, when you're getting to know her, when you're on a date, when you're calling her up and when you're in a relationship.

THERE

ARE SO MANY different examples for you, so know how to make a woman feel attracted to you in any moment and you also know how to make her feel really good around you. She enjoys interacting with you, she wants to be around you and she wants to be with you.

#### AS YOU READ

THROUGH The Flow, you will discover so many different examples of how you can make this woman that you like feel really attracted to you and want to be with you. You can actually make her feel excited about the idea of being with you. You can make her feel turned on while interacting with you. It's very easy to do and women love to be in the presence of a guy who has the ability to make them feel that way.



Is She Interested in Me?"

WASTING TIME WORRYING about whether or not she's interested in you, is the wrong approach to use with a woman.

What you need to do is make her feel attracted to you. When she is attracted to you, she's going to be interested in you. The more attracted

you can make her feel, the more interested she is going to be. In The Flow, I also explain how to go from just talking to her and getting her attracted to you, to a phone number, to kiss, to sex and starting a relationship. You simply go through the flow with her. Things flow from one step the next. That is how it works. It's

very natural and easy to do.

IT'S NOT LIKE BEING THE FRIEND, hanging around her and hoping that something develops over time. When you know how to attract women, you can do it very quickly during a brief interaction. You may have noticed that when some other guys interact with women, they are able to create instant sexual chemistry between themselves and the woman.

YOU CAN DO THAT TOO.

It's actually a skill that you can learn.

ETTING OUT OF THE FRIEND Zone and Into a Relationship With

IF YOU WANT TO GET out of the friend zone with the woman you like and you want to start a relationship with her, I welcome you to read my book, The Flow.

WHEN YOU START USING the techniques from The Flow, she will feel attracted to you, she will be excited to hook up with you and you'll start a relationship with her.

It's actually very simple to do. It's not rocket science.

IT'S VERY NATURAL FOR A MAN

and a woman who feel attracted to each other to hook up and start a sexual relationship. However, if you're not making this woman feel attracted to you, it won't make any sense to her to want to start a sexual relationship with you. It will only make sense to stay friends.



HEN YOU attract a woman, it's only natural that things can then change from being friendly to sexual. If you want to make it happen with the

woman you like, I welcome you to read my book The Flow and put it into action.

I HOPE YOU HAVE A SUCCESS STORY OF YOUR OWN YOU'D LIKE TO SHARE

87 BIZSU | LIFECOACH







"motivation and desire to achieve more"

NATIONALITY: German and Polish

CURRENT RESIDENCE: I'm in between California and Chicago.

EDUCATION: Degree in business but now going back for school for psychology. I plan to be a marriage and relationship therapist. In the end I would love to have multiple degrees.

MARITAL STATUS: Single

HOW MANY LANGUAGES DO YOU SPEAK? I speak English and some French. I would eventually love to learn one or two more languages.

DO YOU HAVE CHIL-DREN: No. I do want some one day, but not for a while.

IT IS OFTEN SAID
THAT A MODEL
SHOULD HAVE A
GOOD PERSONALITY. DESCRIBE YOUR
PERSONALITY? I am
driven, silly, honest, and kind.

IF YOU COULD HAVE A SUPERPOW-ER, OR COMBINATION OF MANY SUPERPOWERS, WHICH POWER(S) WOULD YOU CHOOSE? I would choose to read minds, but be able to turn it on and off. This way I could fulfill your every fantasy. Further, I would love to fly.

WHAT TYPE OF UNDERWEAR YOU NORMALLY WEAR? Thongs and booty shorts.

DO YOU HAVE ANY PETS? Yes, I have a Boston Terrier named Lux.

THERE'S
MORE TO LIFE
THAN BEING
JUDGMENTAL

DO YOU SPEAK TO YOUR DOG? Yes I speak puppy fluently.

WHAT ARE
YOUR BIGGEST
TURN-ONS?
I love a man
who's confident, smart/
artistic, good
sense of humor,
and kind.



HAT ARE
YOUR BIGGEST TURNOFFS? Being
cocky, not
clean, and a mommas boy.

REMIND OUR READERS HOW YOU CAME TO LEARN ABOUT BIZSU MAGAZINE AND WHAT DO YOU LIKE ABOUT IT? I saw Bizsu magazine online and at Barnes & Nobles book stores. Ive known other friends who have modeled for Bizsu. I love how Bizsu is so glamourous and sexy. It is so empowering to woman.

ESCRIBE YOUR
FAVORITE DATE?
My favorite date
would be to try
something new
and interesting. I like it when
a lot of thought is put into a
date. I like a surprise idea with
only the clue of how to dress.
Everything else is a mystery.

HAVE YOU EVER POSED NUDE? FOR WHO AND WHY? I have posed nude for online Playboy US and online Playboy Mexico. I think the female body is a work of art and should be embraced.

ET'S TALK ABOUT SEX! HOW OFTEN YOU PREFER HAVING SEX PER WEEK? WHAT IS YOUR FAVORITE POSITION? HAVE YOU DONE IT WITH THE SAME SEX? AND DID YOU ENJOY IT? HOW WOULD YOU RATE YOURSELF IN BED? FROM 1-10? AND WHY? I am single, so my sex life isn't as hot as its been in the past.

LOL! I prefer not to have sex unless I am in a relationship and or trying to date one particular person. Sorry guys, Im not into randome hook ups. To me there is nothing hotter then having an emotional and physical connection with someone... No particular favorite position, I like it all. I'd rate myself a 12 in the bedroom. Im fun, playful, and open to trying fun things.

CAN I BORROW 10 BUCKS? Sure. HAVE YOU EVER STO-LEN A PEN FROM WORK? No.

OUR FAVORITE PHOTOGRAPHER AND WHY? I love Arthur St. John (who shot my Bizsu magazine cover) I also love Prado Photo. And my Favorite Chicago based photographers who have helped transform me into the model I am today are Goykphoto and Rjo Photo.

NAME ONE ACTOR/ACTRESS YOU WOULD LOVE TO GET NAUGHTY WITH? I'd love to get naughty with Ryan Gosling or Leonardo Dicaprio.

DID YOU EVER DO DRUGS? Yes I have tried pot. Let's legalize! Make the world a more peaceful place.

YOUR FAVORITE COCKTAIL? I love a good apple martini and or anything sweet.

WHO ACCORDING TO YOU IS THE WORST DRESSED WOMAN IN HOLLYWOOD? I hate to bad mouth people, so I plead the 5th..lol......













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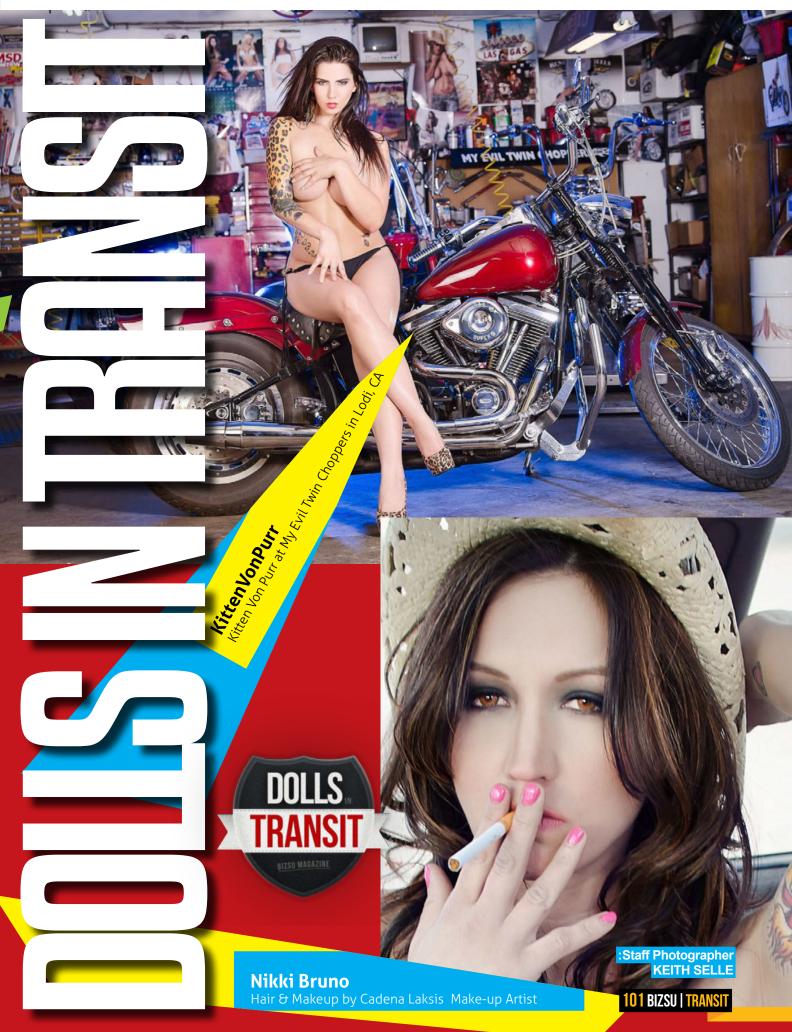
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Tiffany Habib is an internationally published glamour model & CEO of P!nkElite. She is best known for her multiple appearances in Maxim UK, DUB Magazine, FIGHT! Magazine, Performance Auto & Sound, The Horse Backstreet Choppers, & Playboy's TSJ, etc.

Tiffany has been very successful in her 4 years of being in the modeling spotlight. Take a look under the credits section of WWW.TIF-FANYHABIB.COM to see where you can see more Tiffany Habib.

She has slowly but successfully began to build her own empire & name. Tiffany now conducts Modeling Workshops for girls of all ages who have an interest in modeling. She shares her advice & secrets with the attendees to get them on the right foot, as well as get a professional start to their portfolios!

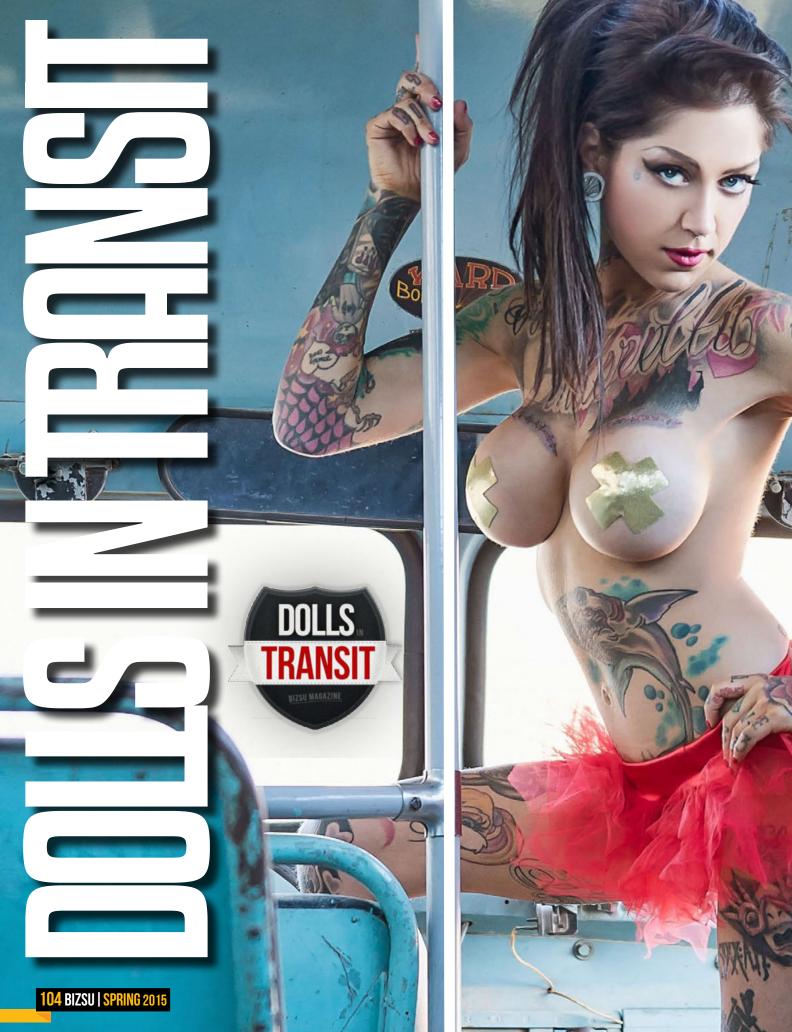
Not only is Tiffany Habib a model, and a mentor but she is as well the CEO & OWNER of P!nkElite, a promotional company that is said to be the hottest thing to hit the Mid-West! Castings will be held very soon.

Born on May 12, 1989

BIO

Ashley Bongiovanni has been a popular name in the modeling industry since 2008. This down-to-earth beauty has caught your eye with features such as bullz-eye.com, Maxim, Playboy Miss Social, Gross Magazine, bodybook.com, and many others. In 2013, Ashley won the title and cover of the Rover's morning glory Miss Morning glory calendar contest (roverradio. com). She's been featured in an internationally published photographers workshop, and worked as a brand ambassador and spokesmodel for many companies and promotions. She's known for her captivating images in Glamour, Lingerie, Editorial, Fashion, artistic, implied, swimsuit, fitness, and commercial work.

**CAR WASH Ashley Bongiovanni** Modeling isn't the only talent she possesses. Ashley's most passionate about music, and has been singing since she was very young and now writes her own music. It's no surprise that she deserves the nominee of a Triple-threat with acting being her third passion. Alongside previous experience in her younger years, she's now branched out to being cast as the leading female role in the well-known alternative band DangerKids "paper thin" music video amongst other up-coming opportunities. Her hard work and genuine personality not only wins you over but also make her one to watch for! Twitter@ashbongiovanni







## Gemma Kahlua

Guildford, England, United Kingdom

Born on February 10, 1986

I have been modelling part time for around 8 years, mostly for fun, favours for friends or because I like the photographer's work.

I am a full time tattooist so this is the main focus but I enjoy modelling and would like to do more published work.

I have done music videos, been published in the Skin Deep calendar for 2012, shot for the Tattoos & Tentacles book in Las Vegas, Nude Ink with Keith Selle in Vegas, various clothing companies and other promotional work and a Skin Deep tattoo mag cover.

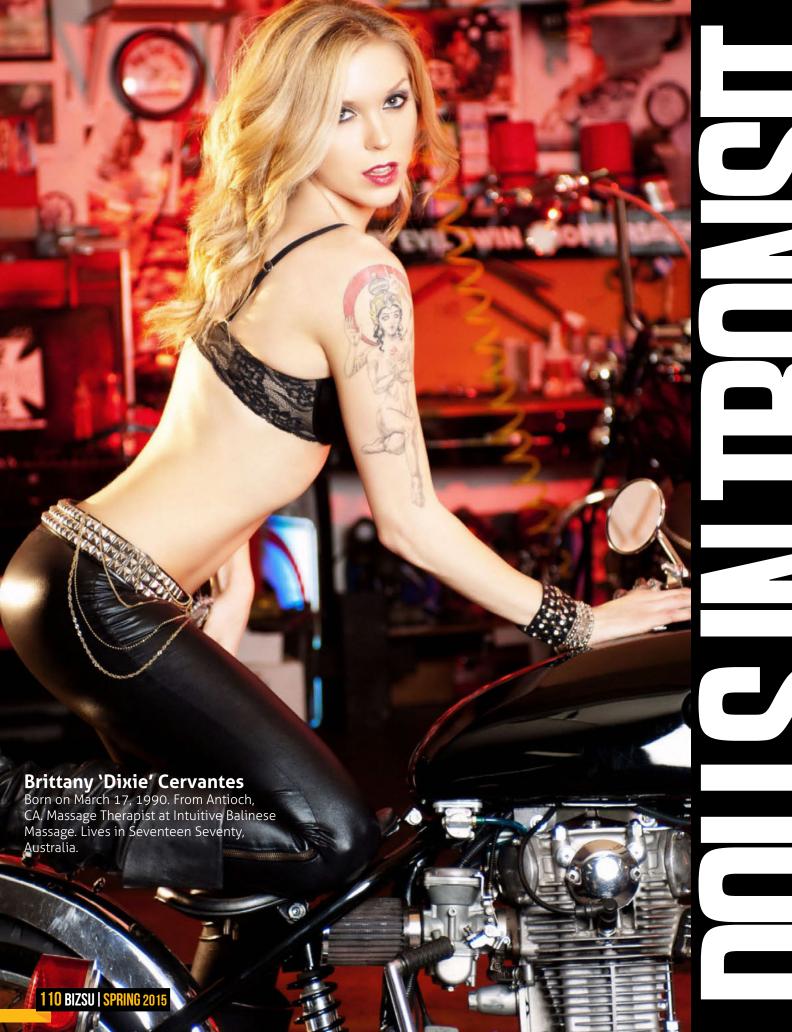




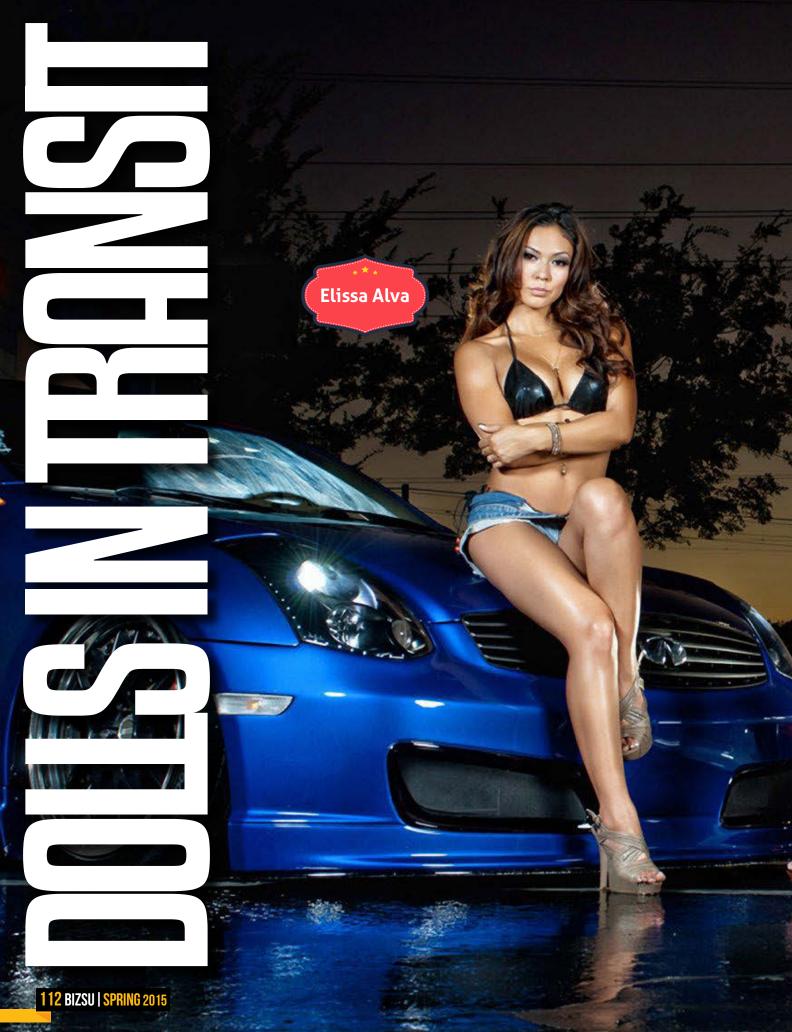










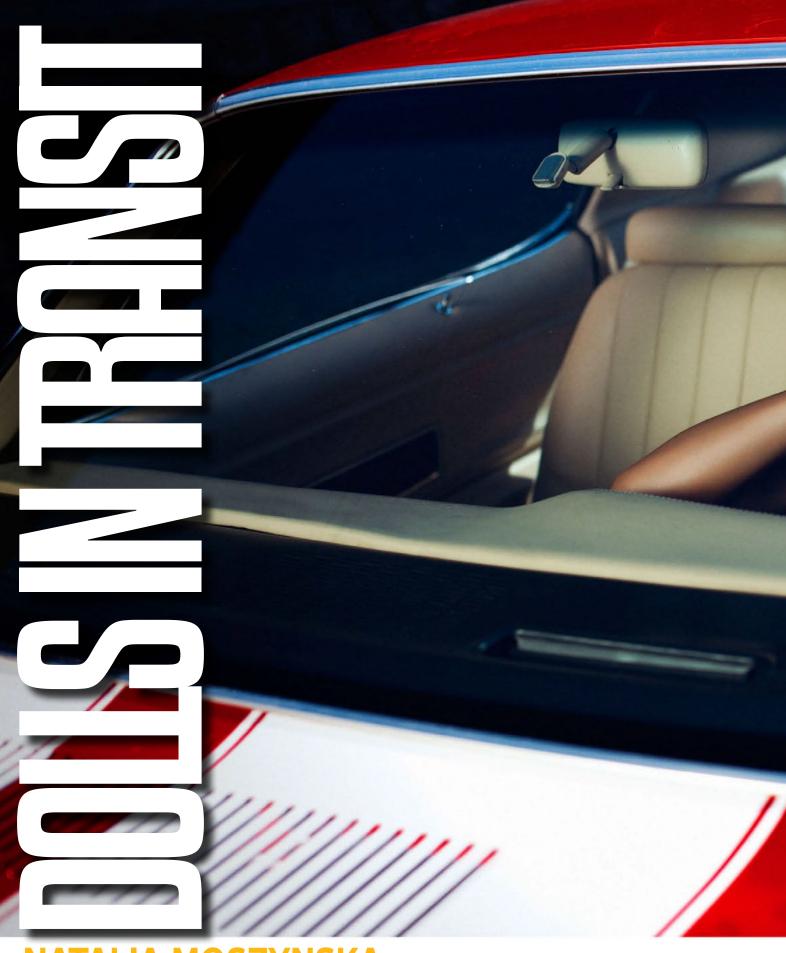






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NATALIA MOSZYNSKA

116 BIZSU | SPRING 2015



Title: Excited driver Production: Cosmic Promotion Model: Natalia Moszynska MUA: Anna Rącka Hair: Izabela Kutyłowska Car: Chevrolet Camaro SS/RS '70 Place: WildSpeedShop.com













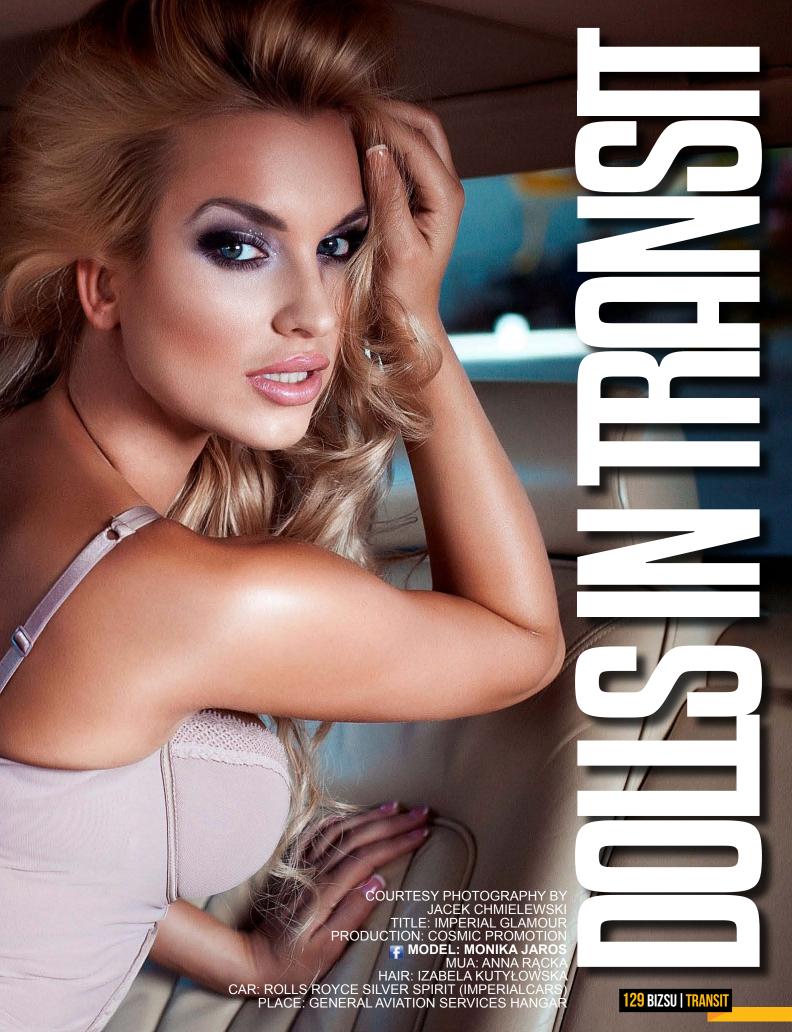












# The Real Reason Lot of Good Men Fail WOMEN

I've been helping guys to succeed with women since way back in 2005.

One of the things that I've found is that every guy who is not succeeding with women has a secret excuse or a secret reason as to why it's not happening for him.



ome guys will say, "It's because of my height. I'm not tall enough" or "It's because of my weight. I'm overweight" (or too skinny), or "It's because of my looks. I'm ugly. People have said that I'm ugly. I don't look like the guys in the magazines or advertisements. I'm not a male model type and women don't like me because of that."

Some guys will say that their lack of success with women is because of race, "It's because I'm black" or "it's because I'm Asian" or "it's because I'm a white guy and I look nerdy." Some guys will blame their lack

of success with women on the lack of available women who are compatible with them and may say, "The only women that I like are the ones who are already taken."

## Most Good Guys Don't Realise How Close They Are to Being Successful With Women



nfortunately, for a lot of good guys out there in the world, they just don't understand how close they are to be able to attract beautiful women, pick them up, have sex and start a relationship with them. Most guys are focusing on the reasons why women might not like them, rather than focusing on making women feel attracted to them.

Women can be attracted in so many different ways, but a lot of guys turn women off during conversation with the style of conversation that they're using, their body language and by failing the many tests that a woman puts a man through while talking to him.

Many good guys (who women would LOVE to be with) simply don't know about how to make women feel attracted to them by using a certain conversation style and body language. They also don't know about the many

tests that women put a guy through while talking to him. Instead of making the woman feel attracted by passing her tests, he makes her feel turned off by failing them.

Without that knowledge, when things go wrong, the majority of guys simply turn to their secret excuse as the reason why. "Well...it must be my looks. I'm not good looking enough for her" or whatever secret excuse or reason he uses to explain his lack of success with women.

### The Weird Secret Excuse That I Used For My Lack of Success With Women

efore I became successful with women, I actually had one of these secret excuses as well. In fact, I had two of them, but one of them was pretty weird. The first one (the weird one) was about my nose. My nose is a little bit bent from a childhood accident and because of that, I look a bit different on either side of my face.

130 BIZSU SPRING 2015



hen interacting with women, I used to feel really insecure about it and thought that it was having a huge impact on my attractiveness to women.

Whenever I would talk to some women, I'd want to be on what I thought was my "good side" so they could see the best looking side of my face. My insecurity and belief was that I looked better on my left side and therefore, women were going to like me more because I looked better.

Yet, even though women were seeing the "good side" of my face, I was still single and I couldn't get attractive women to want to be with me. So, I simply assumed that my lack of success with women was had to do with my second excuse.

My second secret excuse was about my looks. I thought that I just wasn't good looking enough for attractive women. When I'd see other guys who were interacting with beautiful women, I made the assumption that, "Oh, that guy must be better looking than me because the attractive women like him. I don't look like him and that's why they don't like me."

Yet, I was wrong.

What I didn't realize, which is what pretty much every guy who has one of the secret excuses doesn't realize, is that every guy who is not succeeding with women, every other guy who is failing with women, is going through life with his secret excuse or his collection of secret excuses.

He also doesn't realize (or simply refuses to accept) that, for every secret excuse he has, there are guys who have the same "issue" that he thinks is a problem and they are succeeding women. They are attracting women, having sex with women and they have a girlfriend or wife.

Yet, for a guy who is attached to his excuses, he simply blocks that evidence out. He wants to feel like he is correct, rather than admit that he might not be right and may need to change the way he thinks about what it takes to attract a woman.



# The Big Problem With Getting Attached to Your Excuses



fter a while, if a guy really attaches himself to his secret excuse (or his collection of secret excuses), they start to weave themselves deep into his mind and deep into his life. He may even begin avoiding trying to meet women altogether because he believes that he's going to be rejected because of his looks, his race, his job, where he lives, his height or any other excuse that he is carrying around with him.

Eventually, he loses a lot of confidence in himself around women and begins to develop deeper insecurities about his attractiveness to women. Confidence, if you look it up in the dictionary, is essentially about having belief in yourself and your abilities. By attaching himself to his excuses, he has less and less belief in himself and his ability to attract women, so he loses more and more confidence.

#### Getting Rid of Your Secret Excuses to Become More Confident With Women



#### OW CAN A GUY GET RID OF HIS SECRET EXCUSE AND START

BEING MORE CONFIDENT AROUND WOMEN? HOW DID I DO IT? HOW DID I STOP WORRYING ABOUT MY BENT NOSE?

1. Look for examples of guys who have the same "issue" as him, but who are actually successful with women

If a guy is fat and he says, "Women don't like fat guys. Women don't like me because I'm fat" he needs to pay attention to the fact that he does see fat, overweight guys with women. They do get a girlfriend, they do get laid and they do get married.

Some guys may see the fat guy with a hot woman and say that it's because he has money or power in society. Yet, in most cases, the fat guy is just an ordinary guy who simply knows how to attract women in ways that most guys are unaware of.

Another example is where a guy's secret excuse is that he's not good looking enough. He says, "Women don't like me because I'm not good looking enough. I interact with them and they just don't seem to be interested, so it has to be about my looks. It has to be that they are rejecting me because I don't look good enough."

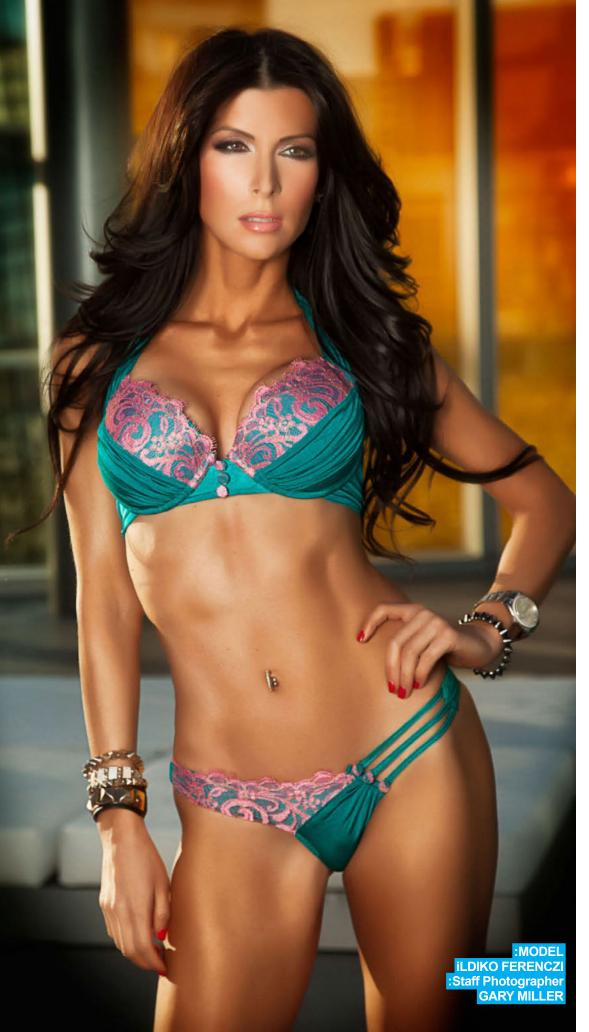
What he needs to do is focus on the fact that he sees guys who are not considered to be "typically good look ing" with beautiful women. He sees guys who he would

consider to be ugly with a beautiful woman. He sees a guy with an ugly looking nose, but he has a beautiful girlfriend.

He notices an Indian guy with what he considers to be a "weird haircut," but he has a beautiful girlfriend. Why? Every man can be attractive to women regardless of race, haircut or whatever other guys think. He might think he is better than the Indian guy because he has white skin or is tall with black skin and big muscles, but the woman thinks the Indian guy she is with is attractive...even though some other guys may think they are better than him.

No, it's not because the Indian guy has a lot of money or has a huge dick. It's also not because he has a lot of power or status in society. It's much more simple and natural. An Indian man (and basically any other man) can be working a normal job, have a normal sized penis and still be MORE attractive to a white woman than a good looking white man. Why? How can that be possible? Keep reading along and it will begin to make sense to you.

BTW: The Indian guy could pick up the blonde white girl



You have probably seen women like her with an Indian guy, an Asian guy or a black guy. Why? It's not about race, it's about attraction.

Some people think that guys from a certain race can't be as attractive as guys from another race, but it just isn't true. Masculine attractiveness is different to feminine attractiveness. The things that attract a woman to a man are different to what attracts a man to a woman.

Human women can be attracted to human men for so many different reasons, regardless of race or what other people around them are thinking or saying.

Indian, black, white, Asian and whatever other race: We are all human and every man can attract women regardless of race. Most women (not all) have what I call and Open Type, meaning they are open to being with all types of guys...even if other people around them are racist and think they should stick to their own race.

If a guy is able to make her feel very attracted to his personality and who he is as a guy, most women don't care what race (and sometimes even religion) that the guy is from. Some guys looking on may think, "Huh? Why is she with him?"

133 BIZSU | LIFECOACH

#### continued

-but it's not a mystery. She is with him because he makes her feel attracted. He makes her feel what she wants to feel with a guy, even though some closed-minded people around her (who don't yet realize that we are all human and equal) think she should be with someone else from her own "race."

If a woman feels what she wants to feel with a guy, that is what matters.

# The guy gets the girl because he can attract women, regardless of race.



e doesn't have to have big muscles, a big dick and a lot of money to do that. It's much more simple and natural than most guys realize.

Most women have an Open Type and will hook up with and marry a guy that other men might think is ugly or from a race that they don't think is attractive. To her, the man will be attractive because a woman's attraction to a man is much more complex than just his looks or his race.

An Indian guy or an Hispanic guy is no less attractive than a black guy, white guy or Asian guy. It's not about race. It's about making the woman feel attracted to you in many different ways as a man.

Once you can understand that concept, it all begins to make sense.

You won't look at other guys and wonder why they have a girl and you don't because you will know exactly why it is happening. The guy has made the woman feel attracted to him and she is feeling what she wants to feel with a guy...even if some people looking on think that she shouldn't be with a guy from that race.

Some white guys will think they are better than Asian guys and some Asian guys think they are less attractive than black guys, etc. Yet, each guy has the capacity to naturally attract women to him. Some guys find that hard to believe, but the photos I'm showing here and what you've seen in real life should allow you to at least open your mind to it.

Once a guy can stop thinking about race and start focusing on making women feel attracted to him, everything changes. You start to see that human women feel attracted to human men, even if some people think that it's wrong to hook up with a person from a certain race.

Attraction (noun): A quality or feature of someone that

evokes interest, liking or desire.

Another example is where a guy notices another guy that he considers to be a "douchebag," but the guy has a beautiful girlfriend. To him, the guy is a douchebag because of how he looks. To him, the guy who he perceives to be a douchebag doesn't deserve that girl, but to the girl, he is attractive.

He constantly sees guys who he considers to be ugly, weird looking or like a douche, but they have a beautiful girlfriend. Why? Continue reading to find out the answer, if you don't know it already.

Some guys use race as the reason why they are unsuccessful with women. A guy might say, "I'm Asian" or "I'm black" or whatever race that he thinks is going to be a problem for attracting women, because HE hasn't been able to attract women.

If he's an Asian guy for example, he needs to focus on the fact that Asian guys do get a girlfriend and they can attract women, even though they are Asian. They can still attract women, they can still get a girlfriend and they can still get married.

So, that's the first thing that a guy needs to do to begin overcoming his secret excuse. The second thing that a guy needs to do is:

2. Get educated on how to make women feel attraction for his personality and who he is as a guy.

What a lot of guys don't realize is that attracting women is actually a skill that a guy can develop and have. If you look at the dictionary definition of skill:

Skill (noun): The ability to do something well; expertise.

Attraction (noun): A quality or feature of someone that evokes interest, liking or desire.

You can actually have the skill of being able to talk to a woman in a way that causes her to feel attraction for you.

You can have the skill of using your body language in a way that causes a woman to feel attraction for you.

You can have the skill of being able to respond to a woman's tests during an interaction in a way that causes her to feel attraction for you.

There are so many different ways that you can make a woman feel attracted to you.

The more skilled you become at attracting women in different ways, the higher quality of woman that you can have access to. Most guys interact with beautiful women and simply don't know how to make those women feel at

tracted to them. Instead, they usually

make women feel turned off by them in many different, subtle ways.

When you are the guy who knows how to attract women in many different ways at once, it becomes very simple as easy for you. You interact with women, they feel very attracted to you and they want to be with you because of that.

Then, with your skill of attracting women, you make the woman feel even more attraction for you to the point where she feels intense attraction and she feels like she has to be with you. In a relationship, she wants to stay with you and she doesn't want to leave you because she's feeling what she wants to feel with a guy.

The reason why most guys don't see the connection and understand that you can actually have the skill of attracting women, is that most guys don't even know how to attract women. If I show a photo like the one below, most guys will say, "Okay, those three women like the white guy because the black guy in the background isn't as good looking."



#### continued

-Then, if I show this photo of the black guy with the white guy in the background, most guys will say, "Okay, women like the black guy because he is good looking." Then, if I show this photo with the guy on the right who appears to be more "typically good looking," most guys will feel confused and wonder how on Earth the woman would like the guy on the left. They may say, "That must be happening because it's not a real photo...it's just a stock photo, not like the real ones you've been showing so far "



In my mind, that was the reason why attractive women weren't interested in me.

I wouldn't allow myself to focus on the fact that I saw guys who were NOT good looking with beautiful women.

I stuck to my excuse because that is what made sense to me. I thought that attractive didn't want to be with me because of my looks.

...and that was the end of the story as far as I was concerned.

Heck, I'd even HEARD women say that they only like good looking guys and see many women gushing when looking at a guy and saying, "Ooh, he's handsome." So, in my mind, I was being rejected because of my looks and that was that.

Attractive women didn't gush over me, so I would have to accept unattractive women or nothing at all.

I thought that women wanted a really good looking guy and since

I'm not a good looking guy, I couldn't attract women. **End of story.** 

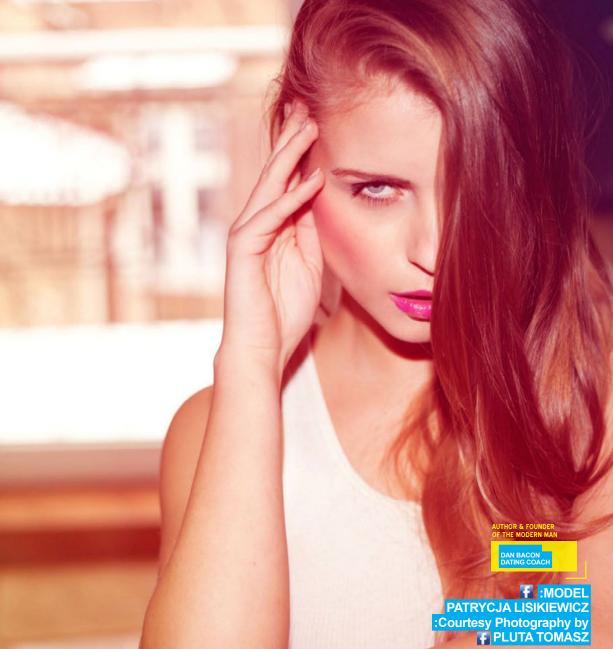
As a result of thinking in that stubborn, confused and insecure way, I was pretty lonely. I missed out on enjoying love, sex and relationships while everyone else was hooking up and having a great time.

Yet, deep down, I knew that something wasn't quite right about my excuses.

Deep down, I knew that there had to be another reason why I wasn't succeeding with women. There had to be another reason because other guys were succeeding with women when they looked WORSE than me.

So, I eventually began to think, "Maybe there ARE other ways that women can be attracted to men. Maybe I can do something about this. Maybe I can be one of those





guys that I've seen who are with a beautiful women, but the guy doesn't even look like anything special." When I started to focus on attracting women in different ways, that's when everything started to change for me.

I still looked like the same guy, but what I was doing was attracting women in different ways. I began to use a certain conversation style, a certain type of humor and a certain type of body language. I began to respond to the tests that women put men through during an interaction, in a way that caused the women to feel attracted to me.

Throughout the years, as I hooked up with more than 250 women, I still had the same bent nose and still looked like pretty much the same guy. I didn't develop a gym body, I wore the same types of clothes and the only thing that really changed is that I lost more and more hair on my head.

Interestingly enough, when I decided, "Okay, I've had sex with enough women...I'm going to settle down now"

and chose my current girlfriend (we've been together for more than two years at the time of writing this post), I was still the same guy with the same bent nose...and she didn't even notice that my nose was bent.

About 3 months into our relationship, we were having a discussion about insecurities and I told her that I used to be insecure about my nose and how it is bent. When I told her, she looked at me and said, "Oh yeah, your nose is bent"

It was the first time she thought about it. Why?

She was (and still is) attracted to me in so many different ways.

Success with women is not about your nose. It's not about your height. Women can feel attracted to a man for so many different reasons, which most guys are simply unaware of.

137 BIZSU | LIFECOACH



# THE REAL REASON

# why a lot of good men fail with women is that they don't know how to attract women.

When they keep getting rejected by women, they refer to their "secret excuse" as the reason why it continues to happen. Yet, if the guy just knew how to attract women, he would stop getting rejected because women would be attracted and interested in him.



# A Few Important Questions For You!

- 1. Do you think it's possible to attract women in ways other than looks, height, money and social status?
- 2. Do you think it's possible to attract women by displaying certain personality traits and behaviors?
- 3. Do you think it's possible to attract women by talking to them in a certain way that

causes them to feel attracted to you, feel lust for you, feel connected with you and feel like they want to impress you?

The answers to those questions is a big, fat YES.

You can attract women by displaying certain personality traits and behaviors.

You can attract women by using a certain conversation style.

There are so many different ways that you can make a

woman feel attracted to you.

I've identified more than 100 ways that a guy can make a woman feel attracted to him and I teach all of those ways in my programs here at The Modern Man.

Some of the ways to attract women are very simple.

Some are complex.

...but, the result is always the same.

more attraction that women feel for you. When you can make women feel a lot of attraction for you, you instantly get access to high quality women that most guys just can't attract.

The next important question that I want to ask you is this...





- $\square$  I'm not tall enough.
- ☐ I'm not good looking enough.
- ☐ I don't have a good enough job.
- ☐ I don't make enough money.
- ☐ I don't live in a high end house or apartment.
- ☐ I don't drive a good enough
- ☐ I don't wear good enough clothes.
- ☐ All the good women are
- ☐ Women only go for really good looking guys.

Are you using any of those

excuses even though other guys who have the same "issue" are getting laid, have a girlfriend or have gotten married? How much longer are you going to stick to your secret excuse before you realize that you can attract women in more than 100 other ways?

What is your secret excuse or reason as to why you've been failing with women? What is the secret reason that you use to explain why women aren't attracted to you or why you can't pick women up?

What excuse have you been going through life saying to yourself, or what collection of excuses are you carrying around in your mind into interactions with women and throughout your daily life that are making you feel less confident and feel insecure around women?

Feel free to post up your secret excuse in a comment on my website and please remember to mention you have read this article in Bizsu Magazine. One of the reasons why I would encourage you to post up your

secret excuse (or collection of secret excuses) is that it helps you to get clear on what is actually troubling you. What is making you lose confidence around women? What is making you feel insecure? What you might find (as comments build up over time) is that most guys are thinking the same sorts of things and have similar excuses, even though OTHER GUYS with the same type of "issue" as them have a got beautiful girlfriend or wife or are getting laid like crazy.

139 BIZSU | LIFECOACH

# Sports NFL Season Preview:

#### EARLY AND BOLD PREDICTIONS

**If you read my fall article, I accurately predicted 8 of 12 NFL playoff teams.** The teams I predicted wrong were the New Orleans Saints, Philadelphia Eagles, Miami Dolphins, and San Francisco 49ers did not make it. In their place it was the Pittsburg Steelers, Dallas Cowboys, Carolina Panthers, and the Green Bay Packers. Not too shabby, 8 of 12.

# Deep into the NFL Playoffs

As of the writing of this article, so let's look at the conference championship games. In the NFC it is Green Bay at Seattle. Seattle completed an improbably comeback winning 28-22 in overtime. The best game of the playoffs so far. On the other hand, New England completely dismantled Indianapolis. It was so bad I turned the channel before half of the 3<sup>rd</sup> quarter was over. So the Super Bowl is set, and it is Seattle vs. New England. After yesterday's destruction of Indianapolis, I am predicting New England with Tom Brady and Bill Bellicheck coming home with another trophy.

# Once the Super Bowl is over, we have NASCAR DAYTONA 500

# IT IS THE FIRST RACE OF THE SEASON AND ALSO THE BIGGEST RACE OF THE SEASON.

I never understood that, but that's what it is. Once we move further in the spring, Major League Baseball starts but no one cares because it's the first few months of the season.

The most exciting event going on right now is the NCAA Men's Basketball Tournament.

If you are not into that, maybe you catch the last month of the NHL season and the first round or two of the playoffs. It's up to you.

# The NCAA Men's Basketball tournament could be very interesting.

# THERE WILL BE UPSETS AS THERE ALWAYS IS.

However, several teams should stand out. They are Kentucky, Duke, Arizona, Virginia, and Louisville. They appear to be the front-runners right now. Kentucky and Virginia are still unbeaten as of mid-January, and Duke just lost to NC State.

My prediction for the four #1 Seeds when the tournament field is released are, Kentucky, Louisville, Duke, and Arizona.

Depending on the brackets, I do not see any other possibility that Duke playing Kentucky for the National Championship.



# They are far and away the best two teams.

They both have multiple High-School All-Americans on the roster and possess size. Kentucky has 7 guys 6'9" or taller. It will be a tough push for any of these teams to win those final 6 games.

My prediction, Kentucky wins another title.

We move over to the only other excitement in the world of sports in the spring,

# The National Hockey League Playoffs

One of the most exciting postseasons in all sports, the beards will be big, ugly, and EPIC.

It is a tradition to grow the playoff beard. It is too early as the season just reached halfway to predict a winner, as the teams who will make the playoffs are from determined.

Some of the top teams now,



Chicago, Nashville, St. Louis, Pittsburgh, Montreal, Tampa Bay, and Anaheim will likely be there in some form.

Stay tuned for more from the Stanley Cup.

## Major League Baseball

Will have started by this time. Teams will play 50-60 games between April and May, so not even half.

I watch baseball, sometimes when it is on, but these few months are really boring.

I had a lot of fun watching all the offseason activity on the MLB Network.

My favorite team, the Chicago Cubs made some big splashes with the signing of Jon Lester, and the trade for Miguel Montero.

The LA Dodgers did some wheeling and dealing and will look a bit different this year.

I must say, I am a little excited for the season as my Cubbies look to break a now 107 year curse.

This probably won't be the year, but with all the young players, the day is coming.

I will do some more MLB updates and predictions later in the summer...

If you remember last year, I did predict the Home Run Derby champ right.

So, that is all for now, I will finish with simply saying BOO-YAH. 141 BIZSU | SPORTS

# **ESPN ANCHOR**

The longtime ESPN Anchor Who lost his Battle with Cancer in January 2015.

**RIP STUART SCOTT** 

Stuart Scott was a longtime anchor at ESPN. He started with ESPN in 1993. I was a teenager, bent on watching every Sports Center that was on TV, even though it was the same episode for about 6 hours in a row. My TV really knew no other channels from 1993 through 2005.

Stuart, or Stu as he was commonly known, changed a generation of people who love sports. I can remember the scores of anchors who hosted ESPN shows throughout the years. Stu is one of those who stand out. He was there for years, as many others came and left. It was Stu, Chris Berman, Suzy Kolber, and the many sideline and specialty sports reporters that kept us engaged and made us feel like we were there.

I remember watching Stu Scott receive the Jimmy V Award at the ESPYs last year. He was very emotional, as his cancer went into remission and returned twice. He was inspirational and his own blend of sports reporter. He could relate to all people, regardless

of color, national origin, age, or religion. He is known for his catch phrases. The one's I remember the most are: "He must be the bus driver cuz he was takin' him to school" and "Boo-Yah".

The latter became fodder for the playground basketball games, or even pick-up any sport for kids all around the country. I remember waking up on Sunday morning, January 4<sup>th</sup>, getting ready to watch some playoff football only to see the news that Stu had passed away at age 49. The news was delivered by Hannah Storm and Rich Eisen. If you haven't seen the videos, you need too.

In closing, thank you
Stu for all the
memories and jumping
out of the TV into my
living room for all
those years. You will
be missed by all.



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Prescription price comparison above is valid as of November 1, 2014. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. \*Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.

# BEASTIE GIRLS











The quality of photography is out of this world! Dana and her photographer husband, Scott Schisler are HUGE animal lovers, so they feel these photo shoots bring so much positive awareness to the animals.







They take their clients, the animals and their trainers to some of the most scenic locations in the world for amazing, one-in-a-lifetime photo shoots.















147 BIZSU | BEASTIE GIRLS













# BEASTIE GIRLS

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154 BIZSU | SPRING 2015



**DOG** 

# TEDDY POMERANIAN



### **Health** | EXCLUSIVE

Introducing Kyrobak, the only home-use device using professional Continuous Passive Motion (CPM) and Oscillation Therapy technology, recommended by doctors worldwide, that's clinically proven\* to bring you.

# LASTING RELIEF from

ntroducing Kyrobak, the new device that uses professional technology for personal use to deliver lasting results - and it takes just 10 relaxing minutes!

Kyrobak is clinically proven\* to treat lower back pain and provide lasting relief. For many users, it offers a drugfree alternative to the constant requirement for powerful painkillers.

And, in a recent clinical study, Kyrobak was shown to continue to provide pain relief even 3 weeks after usage was stopped!

Now, for the first time ever. Oscillation Therapy and Continuous Passive Motion NO ASSEMBLY NEEDED

technology, as used by medical professionals, are available in this doctorrecommended. home-use device. Just 10 relaxing minutes is all it takes for Kyrobak to deliver lasting relief for your lower back pain.

"Ten minutes and then I'm free to do the things I love without pain, without worrying if something is going to stop me from enjoying life." Ken S., Museum Curator

····· DISCOVER THE KYROBAK ADVANTAGE

With Kyrobak, you will get much more than

#### **DOCTOR** RECOMMENDED

"What makes Kyrobak so effective is the unique CPM technology and joints. This specific type of motion reduces inflammation and sends important signals to the nervous system to restore muscle tone, balance and blood supply."

DR STEVEN GEANOPULOS, CHIROPRACTIC NEUROLOGIST



momentary relief. The longer Kyrobak users continued treatment, the more relief they reported.

Kvrobak is convenient and easy to use! It's lightweight and portable, too! Move Kyrobak from room to room with ease ... in fact, you can take it with you wherever you go!

Call now for more details on your 60-Day Risk-Free Trial and put an end to the agony of back pain for good!

## **GET RELIEF NOW RISK FREE FOR 60 DAYS**

- •CLINICALLY PROVEN\* treatment for lower back pain relief in the comfort of your home
- •LASTING RELIEF experienced, even up to 3 weeks after usage has stopped
- •FAST & CONVENIENT Just 10 minutes
- •SAVES MONEY No more expensive trips to the chiropractor clinic or doctor's surgery
- •UNIQUE TECHNOLOGY Benefit from proven **Continuous Passive Motion technology**
- •EASY TO USE on the floor, bed or couch
- •NATURAL TREATMENT with no painkillers or prescription drugs needed
- **•**COMPACT, LIGHTWEIGHT DESIGN so it's easy to use and store anywhere!

Kyrobak uses a professional technology, CPM, which loosens tight muscles and releases pressure between the vertebrae in your spine to relieve back pain.

100% —

If you don't LOVE your Kyrobak, simply return it within 60 days and we will refund all your money PLUS 60-DAY TRIAL pay the return postage.

#### Kyrobak works on the floor, the sofa ... even on your bed!

You do not have to be physically fit to use Kyrobak. You can enjoy your treatment while in complete rest, on the floor, your bed or even on the couch.





### **3 SIMPLE STEPS TO LASTING RELIEF**

STEP 1

"I've been battling

this pain for about 14

years and I've taken

painkillers, muscle

relaxants, prescription

drugs... but I haven't

had to take a single

thing since I started on

the Kyrobak. I just love

not having to have all

these chemicals

in my body and

it gives me so

much more

energy!"

Celeste,

**Teacher** 

PLUG IN!



ABSOLUTELY NO ASSEMBLY **REQUIRED BEFORE USE** 

STEP 2

LIE DOWN! **TURN ON!** 



SO EASY TO USE! SIMPLY CLOSE YOUR EYES AND RELAX



STEP 3

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#### FITNESS

# TRAINING OBSERVATIONS

This is a new addition we've brought to you by mauricebright.com called "Training Observations" Exclusively for Bizsu Mag.

This section will be home to nonscientifically based observations that have been trialed and trained by individuals here — it will include concepts, tips, rep scheme suggestions and etc. in an effort to help our readers in any way possible.



#### Written by MAURICE BRIGHT

mauricebright.com was created to inform, educate, motivate and inspire. Here you will find quality workout videos, informative health articles, various workouts hitting all types of body parts and an abundant of other helpful content. We here at mauricebright.com encourage people to get out there and better themselves, no matter the aspect. You only get one body my friends, so treat it with the utmost respect and maintenance.

These methods and/or suggestions are not backed by research but are supported by experience so please do keep that in mind

The reason we even composed this section is because we felt if there is something discovered during our training sessions that we could potentially share in order to help assist our audience in their respective individual goals then why not? Now that the boring part is out of the way, let us begin with the information!

### TRAINING OBSERVATION #1 OPTIMAL

### FOREARM AND BICEP UNISON STIMULATION

High reps for better forearm and bicep unison stimulation by Maurice Bright (ISSA certified personal trainer and published fitness writer) – I tend to routinely keep my reps fairly high during my arm days but I do bust them down to the lower numbers like 8, 8 and 6 every now and then. What I have noticed though is when I do perform high rep exercises primarily focused on the biceps such as dumbbell curls and cable curls coupled with shorter rest periods they tend to stimulate my forearms a great amount. A usual day's set of alternating dumbbell curls for me ranges around 20 to 15 reps/45sec rests in-between sets and I'll typically use a formidable amount of weight (40-45lbs). As I break through the threshold of 10-12 reps I can feel blood jam-packing into

both my brachioradialis and forearm flexors/extensors just as much as it does my bicep. So not only am I stimulating a particular head of the bicep immensely but I'm also getting a decent pump in my forearms, which will essentially lead to greater muscle growth.

Arm exercises such as dumbbell hammer curls are believed to hit both the forearms and biceps in unison but what I'm trying to say here is in my experience I don't HAVE to resort to that to get equal activation amongst the two. My theory as to why this occurs is due to the duration you're gripping the weight (20 reps lasts around 36 seconds to complete), the short resting periods (45-50sec in-between sets) and the onset of exhaustion in your arms, your

forearms begin to become more so recruited in order to handle the weight. More recruiting means more muscle fibers being used, which equates to more blood flow to said muscles and etc. If you'd like to try this theory out on your own I'd suggest performing about 3 sets of 20, 15 and 15 reps of alternating dumbbell curls with a moderate amount of weight and resting around about 40-45 seconds inbetween your sets.

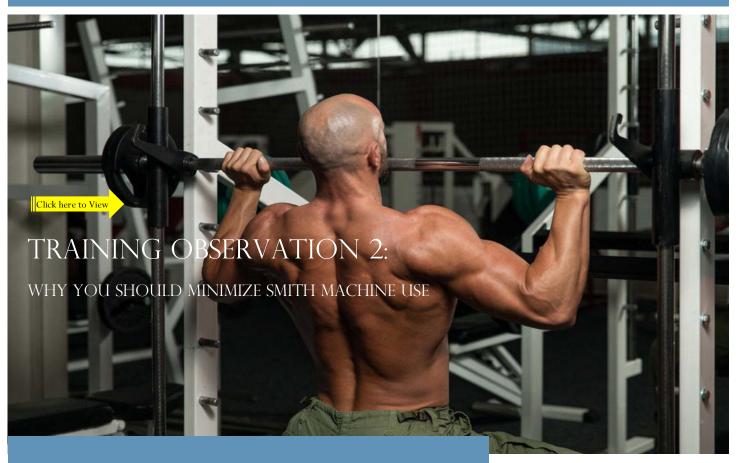
If you'd like to implement a full program bearing the likeness of this theory give our 8 week high volume bicep buster a try

http://mauricebright.com/2014/04/27/8-week-high-volume-bicep-buster/Most importantly though folks, be careful and have at it!

Inside Fitness Section Continued:

TRAINING OBSERVATION 2: WHY YOU SHOULD MINIMIZE SMITH MACHINE USE TRAINING OBSERVATION 3: UNCONVENTIOANL INNER THIGH ABDUCTOR EXCERCISE





Shows you how to go about hitting your inner thighs with a very unexpected move. Check it out -

# TRAINING OBSERVATION 3: UNCONVENTIONAL INNER THIGH ABDUCTOR EXERCISE

Hanging straight leg raises with dumbbell for inner thigh abductor stimulation by Maurice Bright (ISSA certified personal trainer and published fitness writer) –

When people think about hitting any part of the legs I'm sure abdominal exercises are far from considered but recently I've realized maybe that should change. 1 of my favorite abdominal exercises are hanging straight leg raises using a dumbbell for hypertrophy, while performing this exercise not only does my core get to workin' but so does my inner thigh abductor muscles.

I tend to feel a pretty decent "pump" in my inner thighs after a set or 2 and honestly

didn't quite understand why at 1st but now I do and I see it as such a beneficial bonus.



When you're raising the dumbbell in-between your feet your lower body does the lifting, more so

the innards of your lower body being that the movement is geared towards the inside due to you securing the weight there location wise.



As the weight is being raised, your inner abductor muscles must contract to provide assistance and control, which in turn leads to indirect stimulation, this is just my personal theory of course.

I've mainly only felt this effect while implementing weight within the exercise so I can't vouch for the same observation among un-weighted hanging straight leg raises. If you'd like to give this method of mine a test drive I'd suggest using a moderate but challenging amount of weight, performing 3 sets consisting of 20, 15 and 15 reps and doing all this on a

159 BIZSU | FITNESS

"Captain's Chair" as some call it.

Inner thigh abductor muscle development is indeed important for any individual looking to build a complete lower body as it helps give off the illusion of more size than obtained plus your legs would look pretty damn puny if you were underdeveloped in this department in my opinion.

If you're obsessed with lower body development like me or just want to build a decent set of wheels, in addition to this tip here, check out my moitié cheval eBook.

Once tried, comment and let me know how your inner thighs felt!





## HUSTLE DRILL WORKOUT

ARE YOU READY FOR A HIGH PACED, SWEAT INDUCING, ALL OVER THE PLACE WORKOUT?

#### WELL YOU BETTER BE BECAUSE HERE IT IS!

Here is the Hustle Drill Workout; this is to be performed on an either high intensity interval type of training day or at the end of your workout to get your heart pumping something' fierce. The HDW showcases three different workouts combined into one routine, with no rest in-between either of the workouts; below is a breakdown of the Hustle Drill Workout incorporating speed squats, burpees and regular push-ups.



#### **BEGINNER STAGE**

10 speed squats

Superset with 3 Burpee

Superset with 8 push-ups

#### INTERMEDIATE STAGE

20 speed squats

Superset with 5 Burpees

Superset with 12 regular push-ups

# MAKE YOU CRY LIKE A BABY STAGE

25 speed squats

Superset with 10 Burpees

Superset with 15 regular push-ups

A minimum of 3 sets done and a maximum of 5 sets regardless of the stage

These are to be done simultaneously as aforementioned; your resting period will be rewarded at the end of those pushups. Grab some ice-cold water, get your mind right and attack the Hustle Drill Workout with all you've got!

### WHICH IS BETTER FOR FAT LOSS?

### HIGH INTENSITY INTERVAL TRAINING OR STEADY-STATE CARDIO?

#### THIS DEBATE HAS GONE ON

for eons seemingly, with both sides giving compelling arguments but which method IS actually better for reducing body fat? We're going to address and assess each right here, right NOW.

#### HIGH INTESITY INTERVAL

Training: Jumping rope, kettle-bell swings; sprints and etc. are all categorized as forms of High Intensity Interval Training or H.I.I.T as many

like to call it. H.I.I.T combines moderate to short rest periods with high intensity exercises to stir up a metabolic fire that continues to burn even AFTER you're done working out. Allow me to elaborate.

#### **RESEARCH SHOWS**

that H.I.I.T brings upon something known as EPOC within the body, which stands for Excess Post exercise Oxygen Consumption.



This is the recovery period after cardiovascular exercise where elevated oxygen consumption occurs, this effect increases your metabolism by working diligently to erase the body's oxygen debt resulting in fatty acids being released to be used as fuel for recovery.

#### THIS PROCESS

will go on for hours allowing the body to burn up fat even after the workout is complete, hooray! Practicing H.I.I.T also improves your metabolic flexibility so to speak by teaching your capacity to transition from burning fat before your workout and during rest periods to burning up carbohydrates, which you'll utilize during work intervals. Another claim to superiority H.I.I.T makes is its very time efficient.

#### FOR INSTANCE

I'm currently cutting (focusing on reducing body fat) and I perform H.I.I.T after my initial weightlifting workouts 2-3 times a week and my H.I.I.T sessions last no more than 12 minutes. This would be the ideal training method for the busy bee individual who always has somewhere to be or a person who just doesn't want to spend an abundance of time on cardiovascular exercise.

#### THE DOWNSIDE

to H.I.I.T is over time it takes a much more vigorous toll on your body than steady state cardio would if constantly performed, the high intense nature of it can potentially lead to overtraining and burning out your nervous system resulting in a much more difficult process of recovery than previously.

#### **STEADY-STATE CARDIO**

Jogging, walking, light cycling and etc. are some of the exercises categorized as forms of Steady-State Cardio or S.S.C as some refer to it as, actually no one refers to it as that at ALL, I just thought it sounded cool. Steady-state cardio may not burn as much calories as H.I.I.T all the time but it does still chop down those numbers progressively, for instance, jogging for about 30 minutes

can burn approximately 300 calories. Get after a jog every other day? And you'll certainly rack up some calorie burnage, which can translate to weight loss.

#### **STEADY-STATE**

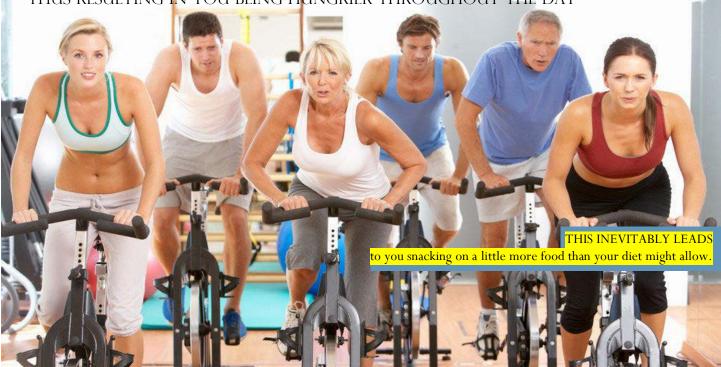
cardio can, in some cases, even help you maintain muscle mass more so than H.I.I.T. Yes, H.I.I.T is better for maintaining lean muscle because it stresses the muscles the same way weightlifting does but practicing several strength training and H.I.I.T sessions each week while on a strict low calorie diet can equate to a greater risk of muscle mass loss. Also, due to

#### THE HIGH ENERGY

demands and longer recovery times of H.I.I.T, some research suggests that steady-state cardio helps individuals stick to their diets better.

### THINK OF IT LIKE THIS!

YOU ARE BURNING A COPIOUS AMOUNT OF CALORIES WITH H.I.I.T.
THUS RESULTING IN YOU BEING HUNGRIER THROUGHOUT THE DAY



I'm not saying people are going to most definitely become less disciplined if their stomach gets to growing, BUT

## STEADY-STATE CARDIO

CAN BURN CALORIES AND HELP TO KEEP AN INDIVIDUAL COMMITTED TO THEIR DIET BY NOT FIRING UP THEIR METABOLISM SO MUCH.

#### WE'VE LOOKED AT THE RESEARCH

Analyzed the approaches and it seems H.I.I.T is indeed the better method for fat loss but it all depends on a few things.

#### I HIGHLY SUGGEST

beginners' start out with practicing some steady-state cardio first then easing their way into H.I.I.T because telling a novice to perform burpees and sprints may not be the best idea.

#### THRUSTING A NEW COMER

into the world of H.I.I.T right out of the gate could crush their spirit and have them

forever fearing the sweat inducing corridors of a gym.

#### IN MY OPINION

H.I.I.T is the better method for fat loss for someone already seasoned in the fitness game, not a beginner. It's vital to always utilize both methods though to maintain a healthy balance within the mind and body; one of my mottos is...

"Meditate with steady-state and get fit with H.I.I.T," Try it out sometime, folks.



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# WE BRING IT FIRST

Check out our exclusive content with the Golden Girls of Miami as we take a look into exactly what it's all about and also take a look into these three gorgeous girls and business women individually on a personal level.

## GOLDEN GIRLS OF MIAMI CONSISTS OF THE HOTTEST 3 BLONDES

IN THE

## **MODELING INDUSTRY**

#### THIS HOT TRO WORKS TOGETHER TO PRODUCE

Amazing images including martket individually and as a
Team for various companies with their large followings
and fans via Social Media across of platforms
Golden Girls of Miami is a brand new company the girls
came up with while on a photos shoot in Miami
Heather, Rali, and Holly have always been close
friends, but they had never worked together as a trio

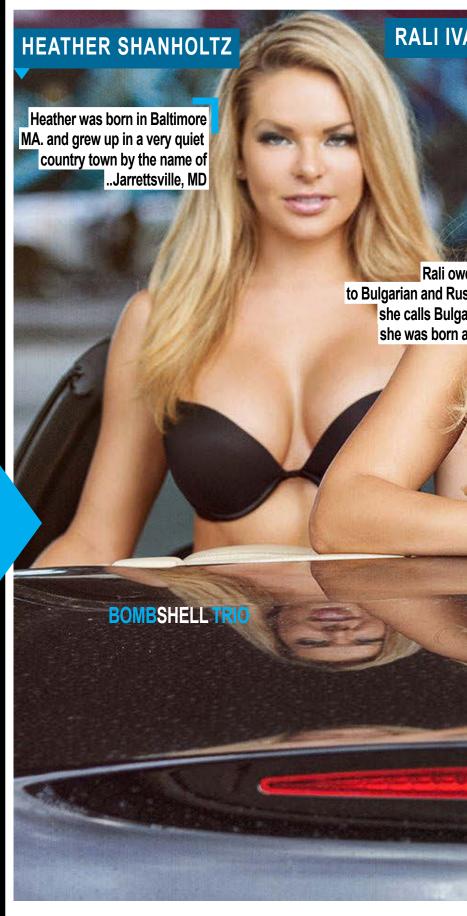
#### WHILE ON THEIR FIRST SHOOT TOGETHER ///

They have decided what better way than to team up in the Industry together and network. Modeling is very competitive, but if everyone would just get along and network together, it would create less drama and more jobs. Golden Girls of Miami knows this and with their drive ambition, and talent they are taking the industry by

#### STORM WITH A WHOLE NEW OUTLOOK ON IT ALL



# **GOLDEN GIRLS OF MIAMI**







HERE'S A CLOSER LOOK INTO RALI'S LIFE!

# TAMPA, FLORIDA

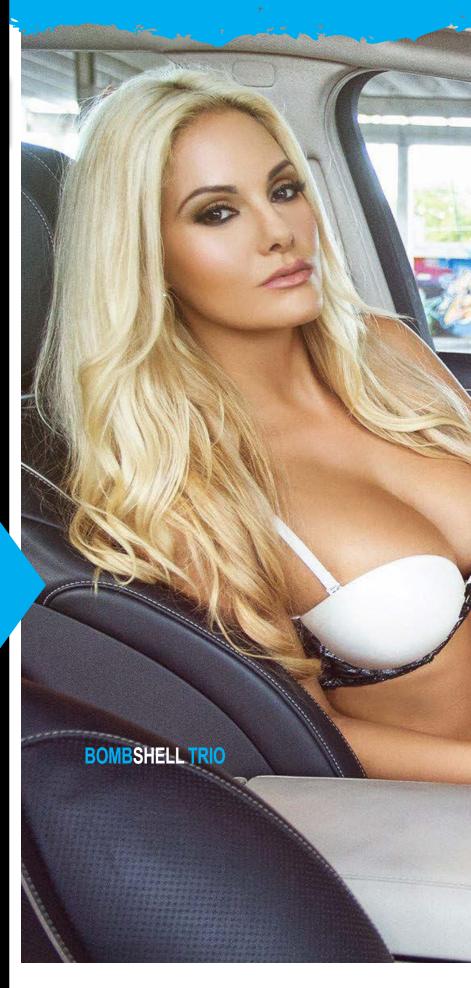
When Rali was 20 years old she made the biggest step in her life and moved to USA, chasing her dream to live in sunny Florida.

She remembers that it took her a while to get used to the American culture, but today she loves her glamour life in the beautiful city of Tampa. While having cocktails with friends on the beach, a photographer noticed her and offered her to shoot for a local calendar. She gave it a try and that's how her professional modelling career started.

The Bulgarian beauty got her big break when she was contacted by the editor of Bulgarian Maxim who wanted to feature her in the November issue, 2009. He was so impressed by the photos she'd done with the famous photographer Barry Smith, that he put her on the cover!

Her modeling portfolio quickly began to expand and she appeared on magazines like Strobemagazine.com, Mixed, Vblazin, 305hip hop, American curves (3 times!) and many more. Esquire.com chose her for the sexiest Bulgarian alive and soon after the Bulgarian MAXIM featured her on their cover again!

Right now Rali Ivanova is proud owner of Azzelia Swimwear www.Azzelia.com





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SHANHOLTZ

HERE'S A CLOSER LOOK INTO HEATHER'S LIFE!

# MIAMI, FLORIDA

Heather dropped out of high school at just the age of 16 got her GED and went to college early to pursue a career in paralegal studies. Heather relocated to Florida shortly after with ambitions to get into modeling.

During her time in Florida she worked in a law firm as a paralegal and office manager where she learned most of her business ethics that she uses today.

After the hands on experience she decided a career in law just wasn't for her. Her passion for modeling was growing even stronger so she set up her first photo shoot. Shortly after she was signed by her first agency. Soon her dream of becoming a full time model would come true. What sets her apart from other models is that she doesn't model for one specific genre. Heather has accomplished every goal she had set for herself but that doesn't stop her from wanting more.

Heather has been featured in over 75 national magazines including Maxim, FHM and Muscle Mag. Heather is also very well know in the MMA world with her being a spokesmodel for Tito Ortiz for his clothing line Punishment Athletics and countless features in all of the MMA related magazines and websites. Heather is also the spokesmodel for a-





-Company called Flying Pasties.

She also accomplished one of her other goals and attended International Stunt School where she became a certified stunt woman. She jumped from buildings, was lit on fire, did combat and knife fights and also driving stunts. With receiving countless awards and recognition in the modeling industry she is ready to accomplish her next set of goals.

Heather also has teamed up with her business partner, Justin Price and together they created Provocative Impressions.

Provocative Impressions is a sexy blend of body and paint meeting canvas to create sensual pieces of art. You can check out more at: www.provocativeimpressions.com

In her spare time, Heather enjoys spending time with family and friends, skydiving, paintball, shooting guns, and pretty much anything else that is adventurous. She also has her motorcycle license.

Heather is not just about beauty, she also has brains. She is skilled in web design, photo retouching, video editing, and graphic design. She singlehandedly designed and launched her personal website www.HeatherShanholtz.com in 2007.

Heather is down to earth, funny, intelligent, reliable, dedicated, driven and beautiful inside and out. With her modeling experience, digital skills, and an all around entrepreneur.

Heather truly is a triple threat and the total package.

PUSKA

HERE'S A CLOSER LOOK INTO HOLLY'S LIFE!

# NORTH PORT, FL

Holly was always interested in the modeling industry even at a young age. Holly is the go with the flow type of girl yet she is driven, ambitious and will always speak her mind. She is a go getter and won't let anything stand in her way.

Holly is as unique as it gets with her own sense of style and her amazing sense of humor. She has been published in countless magazines including Maxim (3x), FHM, The Ring and can be seen across the MMA world for her publications and interviews as well. Holly is also a 2x Hooters Calendar Girl and also a bikini competitor.

She is also the head spokesmodel for No Limits Oils. No Limits Oils is a brand of auto lubricants ranging from diesel to full racing. From hydraulic fluids, brake fluids, race fuels and almost every type of lubricant or cleaning chemical needed. NLPP has met or exceeded API standards and is ranked right

next to other big names. NO LIMITS also has the ability to formulate any type of product needed.

Check out more at www.nolimitsoils.

Other than that Holly enjoys working out and traveling with her No Limits Ladies, spending time with Golden Girls of Miami and shopping.













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